

A
T R E A T I S E
UPON
I N D I G E S T I O N,
AND THE
HYPOCHONDRIAC DISEASE;
AND UPON THE
INFLAMMATORY AND ATONIC
(G O U T ;)
WITH THE METHODS OF CURE:

Together with above
FIFTY-SIX SELECTED CASES,
CHIEFLY ANOMALOUS,

Of Dyspepsy, Hysteria, Hypochondriasis, the Inflammatory and
Atonic Gout, Vertigo, Apoplexy, Palsy, &c.

WITH
THE TREATMENT OF EACH CASE;
INCLUDING
BOTH MEDICINE AND REGIMEN.

Together with efficacious PRESCRIPTIONS adapted to the
various complicated SYMPTOMS.

With Observations on the Use and Abuse of the CARDIAC TINCTURE
in the above Diseases, and full Directions for taking it in other
Nervous Affections, in broken Constitutions, and Habits
impaired by hot Climates, &c.

BY JAMES RYMER.

THE FIFTH EDITION.

*Vides ut pallidus omnis
Cæna defurgat dubia.*

*Vidus tenuis quæ quantaque secum
Adferat.*

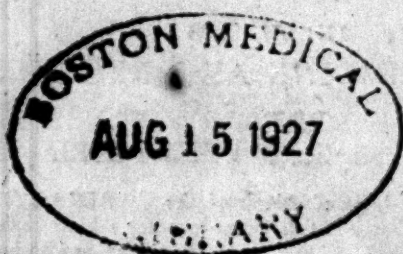
Hor.

L O N D O N :

PRINTED FOR G. KEARSLEY, NO. 46, FLEET-STREET; J.
EVANS, PATER-NOSTER-ROW; T. THORNTON, SOUTHAMP-
TON-STREET; E. JEFFERY, PALL-MALL; AND ARMI-
TAGE AND MOORE, BISHOPSGATE-STREET.

M DCC LXXXIX.

1. Mr. 298



The following is a Copy of the Paper of Directions, with the Certificates which appeared when this Medicine was first published.

Mr. R Y M E R ' s

CARDIAC and NERVOUS TINCTURE.

FOR all nervous affections and corporeal weakness, attended with dizziness, and buzzing noise in the head, accompanied with wind and other disorders of the stomach; for faintness, sinkings, low spirits, languor, anxiety, and debility; for wind in the stomach and bowels *without* head-ache; for want of appetite and indigestion, sour belchings, or heart-burn, hiccup, spasmodical and convulsive pinchings in the stomach and intestines; for the dry belly-ache; for bilious sickness and gripings in advanced years, and for all the symptoms of the irregular or flying Gout, the CARDIAC and NERVOUS TINCTURE, invented and prepared

prepared by Mr. JAMES RYMER, Apothecary at REIGATE, is a most excellent remedy. The dose is from one or two tea-spoonfuls to one or more table-spoonfuls, three or four times in the day, upon a lump of sugar, in water, wine, tea, gruel, or any kind of drink, or by itself. To be taken early and fasting, an hour before dinner, and at bed-time. But it may be taken at any time when low and faint.—Shake the bottle.

This tincture is a most powerful *antiseptic*; whence its singular efficacy in all putrid and malignant fevers, sore throats, putrid or marine scurvy, &c. and as an immediate and elegant cordial, it invigorates every principle of life.

The above CARDIAC TINCTURE is sold by Mr. RYMER, at his House in REIGATE, SURREY; and in *London* only by F. SMITH, Chemist to the Prince of Wales, No. 29, Haymarket; G. KEARSLEY, No. 46, Fleet-street; and by Messrs. ARMITAGE and MOORE, Stationers, No. 63, Bishopsgate-street, in bottles, at 2s. 9d. 5s. 5d. and 11s. each, with stamps.

Country shopkeepers may be supplied, for ready money only, at either of the above places.

N. B. A printed label, signed JAS. RYMER, is pasted upon each bottle, to prevent counterfeits.

Of many Certificates, concerning the virtues and
efficacy of Mr. RYMER's CARDIAC TINC-
TURE, the following are a few :

*From FRANCIS MASERES, Esq; F. R. S. Cursitor
Baron of the Exchequer.*

I DO hereby certify, that in the month of
October last, 1784, when I was very much
troubled with wind in my stomach and bowels,
attended with great pain, and violent convulsive
hiccups, which hindered me sleeping at night, I
was greatly relieved from these complaints
(which I believe to have proceeded from a gouty
humour flying about me) by the advice and
assistance of Mr. RYMER, the apothecary at
Reigate, and particularly by taking a reddish
tincture which he sent me, and in the course of
about ten days was entirely cured of them.

FRANCIS MASERES.

Reigate, May 21, 1785.

From

From THOMAS MEADE, *Esquire.*

S I R,

I TOOK some of your tincture for the flying gout in my stomach, and received great benefit from it.

I am, SIR,

Your most obedient Servant,

THOMAS MEADE.

Bath, May 25, 1785.

From the Rev. J. SNELSON, Vicar of Reigate.

I DO hereby certify, that my servant, Edward Turner, was attacked with the dry belly-ache, or Devonshire cholic, and by taking only one dose of Mr. RYMER's Cardiac Tincture, for disorders in the stomach and bowels, he was immediately relieved from the greatest agonies.

J. SNELSON.

Reigate, 26th April, 1785.

From Mr. JOHN ALEXANDER, Butcher and Farmer at Reigate.

THIS is to certify, that Mr. RYMER's Cardiac Tincture cured me of a violent bilious disorder, attended with wind, gripings, and head-ache.

JOHN ALEXANDER.

Reigate, 20th March, 1785.

From

From Mr. WILLIAM BRYANT, Linen-draper.

I DO declare, that Mr. RYMER's Cardiac Tincture relieved me from the flying gout in my head, stomach, and bowels.

W. BRYANT.

Reigate, 26th April, 1785.

From Mr. ALLAN EDWARDS, Tallow-chandler.

I DO hereby certify, that when labouring under a severe gouty disorder, which affected my head, stomach, and bowels by turns, I applied to Mr. RYMER, who gave me some of his Cardiac Tincture, which perfectly cured me.

ALLAN EDWARDS.

Reigate, May 25th, 1785.

*From Mr. RICHARD WOOD, of Reigate, Surrey,
one of the proprietors of the Reigate and Bright-
belmstone coaches, &c.*

HAVING a nervous and gouty disorder in my head, attended with stupor and giddiness, which likewise affected my stomach and bowels in a very distressing manner; I applied to Mr. RYMER, the apothecary at Reigate, who gave me some of his Cardiac Tincture, which removed all my complaints.

RICHARD WOOD.

Reigate, 28th April, 1785.

Mr.

Mr. LAWRENCE, farmer, an aged man, near Reigate, in a low and melancholy way, attended with violent pains in his bowels, the effects of indigestion and costiveness, together with a gouty affection sometimes in his head, and at other times in his stomach, took one table-spoonful of the tincture every night at bedtime, early and fasting, and again an hour or two before dinner, for about three weeks, when his complaints were removed.

INTRODUCTION.

IN the year 1784, I was induced to publish the **CARDIAC TINCTURE**, a medicine eminently successful in my private practice, and now very generally known among persons afflicted with Dyspepsy, the Hypochondriac Disease, the Anomalous Gout, and all affections of the system arising from Debility and Atony.

That individuals might be more conveniently and readily supplied with this medicine, parcels of it were lodged, from time to time, in trusty hands in London, who vended it for me; but, as it will ever happen in matters of this nature, several persons of full sanguine habits, whose fibres possessed powerful tone and contractility, and in whom the phlogistic diathesis prevailed, and who were consequently highly disposed to inflammatory diseases, from the recommendation of others, in very opposite circumstances of the constitution, who had received great benefit from it, have taken it improperly. In consequence of which, from

a

ignorance

ignorance of the true cause, my own character, and the credit of the medicine, have been exposed to unfavourable conjectures. To prevent such unpleasant occurrences hereafter, I know of no method so effectual, as to confine the medicine to my own administration. Wherefore, I humbly beg leave to acquaint the Public, that no person, who is a stranger to the medicine, should take it, without having previously consulted me, or bestowed particular attention to the cases, and their treatment. If, upon mature deliberation upon the case sent me, I shall judge the Cardiac Tincture a fit medicine, the quantity necessary for a trial will be forwarded.

In some particular complicated cases, where the use of the Tincture was indicated, by desire of patients, I have occasionally used other medicines; one especially, which, from its effects, I called the Febrifuge, Detergent, Alterative Pill.

It may not be improper here to observe, that, since the introduction and abuse of tea and tobacco, and the intemperate use of sedative, intoxicating, malt liquors, gin, brandy, rum, &c. and wine, the atonic diseases, herein particularly treated of, have been much more prevalent than in former times. Indeed, from my own
reading,

reading, it would appear that the ancient medical men knew but little certain concerning such diseases; and that some of the moderns, guided by false theory, have seldom, it is humbly presumed, treated them with strict propriety. With respect to the inflammatory gout, the object of pursuit has hitherto been to eradicate it from the constitution. It has been found impossible to effect this without inducing debility and atony, by recurring to evacuations and extreme low diet. Vigorous athletic health being destroyed by these means, miserable debility and atony succeed, and death soon closes the scene. How speedily many arthriticks, by the water-drinking plan, have* been released from their troubles!

If any person, subject to regular gout, who has been in habits of living high, and drinking wine freely, adopt abstemious regimen, and water for wine, or other stimulating cordial drink, he will, unwittingly, be guilty of *felo de se*. On the other hand, if an hereditary arthritick shall have been habituated to a low, spare, watery diet, he will expose himself to imminent danger by suddenly having recourse to a contrary regimen.

Nevertheless, these things depending much upon an endless variety of circumstances, it is

not easy, in any book, to advance conclusive advice for the conduct of every individual, without having studied an account in detail of habit, complaints, age, manner of life, and other peculiarities.

That I may give some instances of the injudicious use of the Cardiac Tincture, I shall beg leave to add the following cases :

A lusty, inactive, dyspeptic gentleman, upwards of 50 years of age, having dined heartily upon meat, vegetables, and pastry, and drunk beer and wine, and eat raw apples after dinner, was affected with severe colic complaints in his stomach, indicating very plainly indigestion of the meal; such as hiccup, fulness, belching, nausea, faintness, paleness, and cold sweat. He would have taken Cardiac Tincture, but being sent for, I gave him *vin. ipecac.* ℥ij. He worked off this emetic with camomile tea, which discharged the crudities from the stomach, and he presently became easy. In every colic case of this nature an emetic should be taken; and next morning, if there appear to be any load or accumulation in the intestines, some purgative will be proper, such as the following aperient draught :

R Pulv.

℞ Pulv. Jalap.

Tart. Solub. ā ā ʒss.

Tinct. Sen. ʒss.

Spt. Lavend. Comp. ʒi.

Aq. Commun. ʒifs.

Misce, fiat haustus, mane sumendus.

A gentleman very lately came from London to consult me. He was a person about 45; of a sanguine, ruddy, plethoric, plump, bulky habit. Being in a distinguished post in the establishment of a royal Personage, some years ago, in consequence of spirited, frolicksome young horses, he had the misfortune to have some of his ribs broken. He had been properly treated and cured of this accident. Two years ago he had an active hæmorrhage from the lungs. Here too he was properly treated and cured. For a considerable time past he has been afflicted with lethargic, vertiginous, and apoplectic symptoms, in such a degree, that in the execution of his duty, he is at times fearful of falling from his seat, the stupor in his head being so excessive. The plethora and inflammatory disposition of his system are such, that he cannot bear wine, especially port, without suffering greatly from heat and fever. He said his chief drink was porter in moderate quantity, and, I

a 3

think,

think, he added punch. He told me that the Cardiac Tincture had been strongly recommended to him, as the best remedy he could take. I informed him, of course, that it would aggravate all his complaints. I advised him to take the following draught, every morning, fasting:

R Infus. Chamæmel. fort. ℥iv.

Tart. solubil. ℥ij.

—— vitriolat. ʒss.

M. fiat haust. omni mane sumend.

And that he should take a basin of thin water gruel, seasoned with salt, for breakfast. To lessen his quantity of bread and meat, use plenty of greens, French beans, turneps, and other succulent vegetables, well boiled; and to eat but very sparingly of the farinacea. To drink more plentifully of thin diluting liquor, as toast and water, lemonade, weak punch, or wine and water: and to persevere in the antiphlogistic and abstemious plan. That he take, occasionally, for fever, at bed-time, seven grains of Doctor James's fever powder, or one febrifuge pill, drinking after it a basin of gruel, white wine whey, or a saline draught; endeavouring then to get into a breathing sweat. That he keep his body open with the aperient
nervous

nervous pills; and occasionally, for stupor, take, at any time, the following draught:

℞ Tinct. Castor. Ruff.

—— Valer. volat.

Asafoetid. ā ā ʒi.

Aq. Commun. ʒiv.

I also recommended a cup of strong valerian tea, once or twice in the day. And, finally, when the stupor was unusually distressing, to apply leeches to his temples.

A gentleman, aged 66, of a similar habit of body, but more bulky, with a much larger and more prominent belly, had at times, for many years, been subject to violent head-ache, stupor and giddiness, alternately, with affections of the stomach. During the last four years, the vertiginous complaints had gradually decreased, and he was more troubled with colic symptoms and costiveness, together with phlegmatic asthma, hawking up much phlegm from the bronchiæ, especially in the morning, with occasional cough, and difficult expectoration. Within these eight months he has, at times, complained of violent stitches and colic pains, accompanied generally with retchings, which an emetic of antimonial or ipecacuanha wine, or sometimes, having the asthmatic complaint in view,

vinegar of squills. He always brought off a vast deal of ropery phlegm, and sweated profusely during the operation of the emetic. He frequently too had appearance of jaundice. By these means and purgatives he was soon relieved, and went about his business actively, as usual. Three months ago he was attacked, after dinner, with a sense of numbness all over him, as he attempted to rise up from his chair, with a degree of deliquium animi, vertiginous, apoplectic and paralytic symptoms, and profuse cold sweat. The action of the heart being weak and interrupted, his pulse was small, languid, and intermittent. But it is to be understood, that he has had a full, laborious, intermittent pulse many years. Judging, as he ever was a very hearty eater, that there was a load in the stomach, and that he abounded with glutinous phlegm, I gave him an emetic of antimonial wine, which operated powerfully, at intervals, for some hours, and he discharged an amazing quantity of crudities, phlegm, and bilious matter. He sweated profusely, and the pulse returned to its usual state. Next day he was greatly recovered; but still complained of a giddy, confused head, with a degree of paralytic affection of the tongue, which occasioned faltering speech. He kept
his

his bed all this day. I gave him a wine-glassful of the following mixture, in the morning, fasting, at eleven, two hours after dinner, and at bed-time, in a small bason of cold mutton broth :

℞ Ammon. Præparat. ʒi.

Infus. Chamæmel. fort. ℥viij.

M. fiat mixtura.

And he took the aperient nervous pills, to keep his body loose. By these means he recovered,

A farmer, aged 86, who had been a very hearty robust man, of the plethoric, sanguine habit; had worked hard, and lived temperately; and who had, for many years, been troubled with asthma and stuffed with viscid mucus or phlegm; laboured under hiccup and difficult deglutition (what he swallowed going down double-like, he said), for a week, when I was sent for. The Cardiac Tincture was, likewise, here immediately thought of as a proper remedy; but I gave him an antimonial emetic, and ordered it to be worked off by draughts of camomile tea. It operated well, and he vomited and hawked up a load of tough, ropey phlegm. The hiccup was soon quite removed, and he remains as well as usual.

Now

Now that I am upon the subject of anomalous affections of the nervous system, arising from the state and contents of the stomach, and ropery, glutinous phlegm clinging to the inner coat of the stomach and gullet, I will relate one connected with the state of the uterus, &c.

A gentlewoman, many years a widow, who has had children, aged seventy-eight, of short stature, sanguine, plethoric, and lusty, with plump, ruddy countenance, whose life has been uniformly temperate, and rather inactive with respect to out-of-door exercise, or muscular action, and who, till very lately, has had the menstrual discharge very regular, but which now begins to be irregular, both in periods and quantity; has been afflicted, at times, with what she, in her pleasant, cheerful manner, terms crawlings and creepings all over her; sinkings, palpitations, flutterings, and other hysterical affections; has had, in the course of the last twelve months, three or four attacks of anomalous apoplexy, ushered in always with buzzing, humming, sense of great noise, and extreme giddiness, so that if she then attempted to get off her chair, she would most certainly fall down. These symptoms, when severe, are quickly attended with nausea, and ineffectual

tual retching, with sweating. Her pulse at these times, is very full, frequent and intermittent, and her face very red, and covered with sweat. In this state of things, I give her an antimonial emetic, directing it to be worked off with camomile tea. By the operation of the emetic, the contents of the stomach—she generally eats hearty—are discharged, together with much phlegm, and most commonly bile. Soon afterwards she gradually recovers her faculties and bodily functions. These attacks have generally happened in the evening. When put to bed, after the operation of the emetic, she sweats copiously during the night; and in the course of the next day she becomes nearly as well as usual, a great degree of lowness only remaining. Excepting these complaints, she is a hearty, hale person at her time of life. Finding that costiveness is hurtful to her, she keeps the body regular with the aperient nervous pills. These complaints, especially the disordered head, deafness, buzzing noise in her ears, like ringing of bells, and often an explosion, or report, as if a gun was let off, in her head, with now and then a bang, as she calls it, commonly occur before the periods, and are removed, or greatly mitigated by that appearance.

I will

I will add another case, which happened in my practice a few weeks ago.

One night, about ten o'clock, I was sent for to see a gentlewoman, said to be so ill, that it was doubtful whether I should find her alive, although a neighbour at hand. She is about seventy years of age, has been deprived of the use of her limbs for a series of years, during which time she has been afflicted with Saint Vitus's dance, or, what is called by some, the shaking palsy. She is, and has been many years, extremely thin, dry, and rigid, having her limbs, as it were, quite emaciated and withered. Her head reclines a little to one side, with the chin upon her chest, so that one, standing up, can scarcely see her face, as she sits in her arm-chair. There is a constant flow of saliva, which drops from the corners of her mouth, if neglected to be wiped off by her nurse. She possesses the mental faculties; but it is chiefly her nurse who can understand her utterance. In this apparently miserable and truly helpless condition, she enjoys health, and of late has had an unusually keen appetite. During the whole of the day preceding her attack, she had a diarrhoea, was very uneasy, and complained much of her head. Her dutiful daughter, who is her tender and affectionate nurse,

nurse, began to be alarmed about eight o'clock in the evening, because her poor mother took no notice of her anxious questions. By degrees, and before ten of the same evening, the convulsive shaking left her, and her head, having lost all muscular support, fell down more forwards upon her bosom, and seemed the head of a dead person: her respiration became grievously oppressed, and she laboured for breath, having the flexors of the lower jaw in strong action, so that it was with difficulty I introduced a spoon into her mouth, but she could not swallow; her eyes were open, and the pupils dilated, and light caused no contraction of them. The action of the heart was strongly increased; her pulse was frequent, full, hard, and intermittent, 120 in the minute. Her large distended veins seemed ready to burst. I opened the median (the orifice was moderate), and took away sixteen ounces of blood; and when the ligature was removed, she bled as freely for a considerable time as when it was applied. Seeing this fulness of the sanguiferous system, I suffered the blood to flow till I had taken away five or six ounces more, when I bound up the arm, which was so emaciated, and the humeral artery so superficial, large, and distended, from the axilla downwards to the fore arm, that had it
not

not been for its strong and very visible pulsation, one would have taken it for a vein. Upon being seized with this apoplectic paralysis, she involuntarily voided her urine and fæces, as commonly happens in the scene of death. She was put to bed; her pulse became softer, less frequent, and more regular, and her senses returned; when I ordered the following draught :

℞ Pulv. Rhei gr. v.

Confect. Cardiac. ʒss.

Tinct. Castor. Ruff.

— Valer. volat. ā ā ʒss.

Æther. Vitriolic. gutt. xxx.

Aq. Commun. ʒij.

Misce, fiat haustus, 6^{ta} quaque hora sumendus.

She was surprisngly recovered on the following day, and continues well.

In many cases similar to the above, the Cardiac Tincture has been injudiciously used; but, I have the happiness to add, never, to my knowledge, with any kind of bad consequences to the patient.

It is hoped that the cases herein published, with the treatment annexed to each of them, will be the means, not only of enabling persons to avoid, in a great measure, such errors in future,

future, but also of informing them how to treat themselves in similar complaints. The difficulty too, and the trouble sometimes of stating cases in detail, will be removed by an attentive perusal of them.

The Cardiac Tincture taken once or twice in the day in due quantity, and particularly in the morning fasting, or an hour or two before dinner, in re-establishing health by strengthening the whole habit, and restoring appetite, will generally keep the body sufficiently open without any other medicine. But in chronical cases and habitual costiveness, with violent bilious symptoms and tendency to jaundice, if the Tincture do not promote stools, recourse may be had to the opening pills hereafter mentioned.

In convalescence; to repair the ravages of acute distempers, and particularly of fevers in general; to remove sickness and head-ache, and brace the system after the debility and relaxation occasioned by excess or debauch; to restore the disordered functions and organs to their several natural offices, and proper standard; and by its power of removing atony, and inducing the due tone and contractility of the fibres, bring about the equilibrium of the system, disordered by repletion and over distention

at the festive board, the Cardiac Tincture has been experienced to be altogether effectual.

In the anomalous Gout and Rheumatism, in *Dyspepsia* and *Hypochondriasis*, it is a superior medicine.

In obstinate bilious cases of long standing, wherein the liver is diseased, the natural secretion, excretion, and distribution of the bile, deranged; when, instead of being poured out into the proper organs of digestion, it is diverted into other channels by various obstructing causes, and absorbed or taken up into the vascular system, circulating in the mass of fluids, and turning the surface yellow: in such cases where the usual methods of cure fail, persons so afflicted will find essential benefit by taking this Tincture every morning fasting, or an hour or two before, and three hours after, dinner, in a cup of strong camomile tea; and twice in the week, at bed-time, one of the febrifuge pills.

In derangements of the female system, caused by *suppression* or *discontinuance*, this Tincture has had very great success by removing spasmodic constriction of the uterine vessels, by strengthening and warming the habit, by counteracting the danger arising from the disappearance of periodical or accustomed evacuation, and by producing a healthy and uniform circulation.

lation. But in severe hysteric complaints, attended with costiveness, giddiness, fluttering, and palpitation, instead of the febrifuge, I generally give the following nervous and opening pills at bed-time, with great success :

R Castor. Ruff.

G. Asafoetid.

Aloes Socotor.

Camphor.

Sapon. Venet. ā ā ʒi.

Syr. commun. q. s.

Ft. Pil. No. 60.

The restoration, preservation, and continuance of health, depending very much, in all possible cases, upon temperance and orderly living in respect to the quantity and quality of food and drink, due exercise and regular hours of rest, are circumstances which require the unremitting attention of the patient.

Whoever, possessing good health, regulates eating and drinking by the quantity nature requires to supply the waste occasioned by thought, muscular action, and the natural evacuations, will very rarely have occasion for the physician or apothecary. Nature requires but little, and it is presumed, from experience, that, in many instances, less than the quantity we eat and drink, through habit and custom,

b

would

would be altogether sufficient to preserve and continue health, and to bless us with that cheerfulness and serenity of mind which the orderly, the temperate and sober man commonly enjoys.

If there be family instances of apoplexy and palsy in robust, swarthy, bulky habits, and especially if such persons have made free with their constitutions in younger days, at the age from about 60 to 70 years, if from occasional full living, any sudden giddiness, vertigo, sensation of heaviness in the head, noise in the ears, take place, it will be proper to take an emetic, the body at this period abounding with thick, tough mucus or phlegm, and to be purged; or, if this method be objected to, to be let blood, and to live rather abstemiously till such symptoms of plenitude of the vascular system, which sometimes precede and forebode apoplexy and palsy, shall be completely removed: otherwise great danger may ensue by compression of the brain caused by congestion, accumulation, and perhaps extravasation. If phlebotomy cannot be complied with in such cases, and if there be an aversion to emetics, purging and gentle sweating must be adopted.

At feasts, sensible persons, who study the means of preserving health, that superior of
 sublunary

sublunary blessings, will consequently check the animal appetites, and decline excess. Regularity, it is true, and moderation and temperance, are relative terms with respect to eating and drinking : but whoever breaks through his habitual plan of life, by excess in point of quantity, departs from the above virtues, and endangers health, especially upon such occasions if he omit to counteract plethora by a gentle emetic, opening and febrifuge pills, with due dilution, and discreet abstinence for a time ; so as, however, not to bring on atony.

Of the dangerous and mortal consequences of over-filling the system, and of the over distention of the vessels, a melancholy instance occurred in this neighbourhood a few years ago.

G. H. Nash, esquire, a batchelor, aged about 61 years, formerly captain in the guards, in the younger part of his life had not spared a hearty, swarthy, robust, phlegmatic constitution, in the course of revellings, rounds of fashionable pleasures, and indulgence of the animal appetites. Of late years he led a regular and moderate life at his estate at Reigate. He was a gentleman of much genuine humour ; a pleasant son of *Momus* ; full of gibes and jeers ; merry, apt and lashing stories, embellished by

a stammering elocution, a comic visage, blunt manners, and plain dress. In general he enjoyed very good health and a flow of regular spirits. In the spring and autumnal seasons, he was subject to gentle fits of the regular gout in some joint of the hand or foot, which always carried off some trifling complaints of the stomach and bowels, flying stitches, &c. His general custom was to rise by six or seven in summer, seven or eight in winter; to breakfast about eight or nine upon milk porridge, and bread and butter; dine at two or three, drink his pint of wine after dinner, and without tea, or supper, to go to bed about nine or ten at night. He used daily sufficient exercise by walking, hunting, &c. He generally made one of the party at the occasional feasts of the noblemen and gentlemen of his acquaintance in the neighbourhood; where at such times the grave and philosophic system of life necessarily gives way to the pleasures of the table, the enchantments of good company, and to the allurements of wit, mirth, and laughter.

Ten or twelve days preceding his death Mr. Nash had spent at the festive board: and at his own carnival, as he used to call it, which happened on the Thursday and Friday before he died, it was remarked, though he eat very

heartily, and drank cheerfully, but not to any degree of intoxication, that he was unusually heavy and low. On the Monday morning following, having breakfasted in his usual way, he told his butler that he would follow the hounds for an hour or two; and accordingly ordered the horses to be got ready. About one o'clock of the same day a man and horse came galloping to my door, desiring I would immediately go to see Captain Nash, who had fallen from his horse, and was speechless. I went instantly in a carriage, and found poor Mr. Nash in a cottage, supported in a chair, in a miserable and most deplorable condition. He was senseless, speechless, and motionless. His head dropt down upon his chest; the lower jaw fallen; ropery phlegm dropping from the corner of his mouth; his eyes set, half shut, and only the whites of them to be seen; his breathing was very laborious, with a dismal groan at every expiration; the circulation was greatly interrupted; his pulse beat *one*, with a considerable thump; then, *one, two*; then, *one, two, three, four*, quick: and thus was the action of the heart very irregular and interrupted. He seemed to be perishing with cold; and shook like one agitated by the most violent cold stage of an intermittent fever. I found he had some

imperfect exercise of the right arm; the other limbs and the body were completely paralytic. With much difficulty (the veins hardly appearing, owing to spasm of the extreme vessels, internal congestion, and the deranged action of the heart, caused by the interrupted influence of the brain and nervous power), I opened a vein of the right arm, and took away about twelve ounces of blood. He was then put into the carriage, and I brought him home with me. His legs were put into a warm bath; he was undressed and put to bed. With much trouble I got down into the stomach, by spoonfuls, about four ounces of antimonial wine, which did not operate by vomiting. His pulse became regular, full, hard, and strong; he became very hot, and at length an universal and copious sweat took place, with a soft, regular and less frequent pulse. I injected an antispasmodic and stimulating clyster, and applied blisters above the inner ancles. He had plentiful stools, black, foetid, involuntary. I sent for Doctor Clerke, of Epsom; but notwithstanding all our endeavours to save him, he died the following night, about ten o'clock. It is remarkable, that Mr. Nash, of late years, complained that the easterly winds, the north-easterly in particular, increased his stuttering, affected

fects his nerves, and occasioned spasms, cramps, and wandering pains.

I have since found that Mr. Nash did not fall from his horse, as had been reported. He had joined the gentlemen following the hounds, and having, as usual, treated them with some good stories, he said he was tired and would go home. About a quarter of an hour after, he was seen dismounted in a field by a gentleman's servant, who perceiving the Captain to look very ill, and endeavouring to make water, &c. offered to assist and stay by him. Mr. Nash would not suffer this, but desired him to go and follow his master. A cottage being close by, of which the barking of the dogs caused the good woman to go out to see what was the matter, the moment Mr. Nash saw her, he called out, Help, woman, help! He fell backwards, and was carried into this cottage, where I found him in the above lamentable state. In the very beginning of such an attack of apoplexy, when giddiness, morbid affections of vision and hearing only prevail, if an emetic be given, or if the patient is blooded, the complete and mortal effects may very probably be prevented. Likewise, in the first symptoms of phlegmatic apoplexy and palsy, *viz.* Such as stupor, giddiness, faltering tongue, numbness, &c. the

following

following draught should be taken at bed-time, fasting, and two or three hours after dinner for some days, *viz.*

R Infus. Chamæmel. ℥iv.

Ammon. præparat. ʒj.

Tinct. Castor. Ruff. ʒj.

M. ft. haust.

Wash this down with a small basin of mutton or chicken broth; keep the body open; and once in a week or so, take in the morning, fasting, an emetic of antimonial wine.

Wishing to avoid every thing which may seem delusive and questionable with respect to the Cardiac Tincture, I purposely omit the insertion of a variety of respectable certificates of its good effects. But, were I to suppress the publication of the following letter, which Mr. Fuller was so condescending as to send me, by the post, I should not be able to acquit myself of fastidious ingratitude.

Reigate, September 1789.

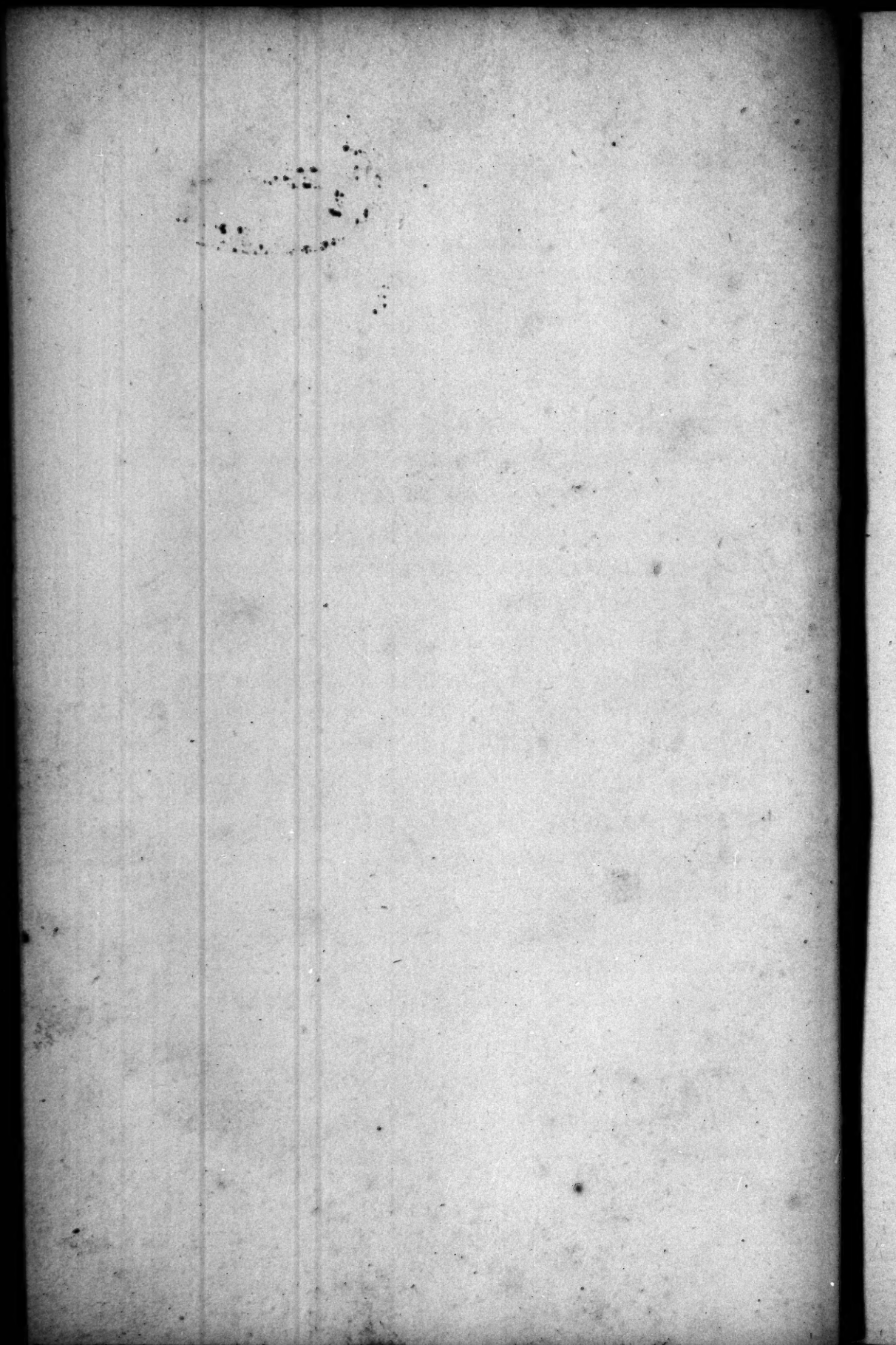
Bagly-Park, Suffex,
24th Oct. 1786.

S I R,

MAY I beg the favour of you to send me six bottles of your Cardiac Tincture, directed as above, to be left at the Spur Inn, Borough. I cannot conclude this letter without expressing myself very highly in favour of your medicine, the good effects of which both Mrs. Fuller, myself, and my butler (who has repeated gouty attacks) have frequently experienced. Indeed, I have just sent from London six bottles to General Elliott, who has lately had some violent stomachic attacks, as I am confident he will find benefit from them; and wishing you every success, I remain

Your very humble Servant,

J. HAYTON FULLER.





A
T R E A T I S E
UPON
I N D I G E S T I O N,
AND THE
H Y P O C H O N D R I A C D I S E A S E.

THE *dyspepsia* of nosologists, namely, indigestion ; and the hypochondriac disease, the vapours or low spirits, are distempers generally so blended with each other, and with the *atonic*, irregular, or flying gout; and also with every affection of the system purely nervous, that I have generally found the medicine here recommended mitigate the various symptoms, and invigorate the whole habit, where it was used for a due length of time in proper doses,
B and

and when the patients pursued the rules of regimen and exercise which I prescribed.

It is to be understood, when I say that *dyspepsia* and *hypochondriasis* are generally blended with the *atonic* gout, that I confine myself chiefly to persons who never, or rarely and imperfectly, have had the inflammatory affection of the joints, viz. the regular gout in the extremities : or to those who, by diminished energy of the nervous power and sanguiferous system, cannot have the gouty matter thrown into the extremities by an adequate inflammatory fit ; wherefore the arthritic diathesis or disposition of the body to fits of regular gout being too feeble, the gouty matter flies about, interrupting the functions.

To explain this, it is only necessary to enumerate the symptoms of *dyspepsia* or indigestion, and of *hypochondriasis*, and then compare them with the symptoms of the *atonic* or flying gout.

The chief symptoms of *dyspepsia* are a diminution of the appetite of hunger, loathing of food, nausea, frequent inclination to retch, or sickness at stomach, commonly in the morning, and frequently at the sight, or smell, or even bare mention of particular dishes, which, when the stomach was in proper order, and digestion and chylication were duly performed, not only had

no such effect, but used to be gratifying; eructation, sour belchings, and heart-burn; fulness of the stomach, with a grumbling noise in the bowels, caused by the motion of wind or air in the intestines; gnawing pains about the region of the stomach, generally attended with costiveness; confused head-achs; anxiety and oppression at the heart, with frequent hiccups and palpitations; a sense of weariness, faintness, and aversion to motion or active undertakings; sometimes pains in the back, sides, and loins, with a general fulness of the lower belly; irregular appetites and strange cravings; also diarrhoea or looseness, accompanied with colic pains and gripings, wasting of the whole body, universal debility, relaxation, loss of tone, and flabbiness of all the muscular or fleshy parts.

In consequence of these sufferings of the body, the temper and mind are often wonderfully affected. The patient becomes peevish and touchy at mere trifles; dejected, timid, distrustful; bereft of hope as to his cure, and future events; with aversion to society.

In *hypochondriasis*, besides the foregoing symptoms of indigestion, the patient has sometimes an unusual flow of saliva, with various spasms, cramps, and pains about the chest, shoulders, and back. The mind and temper are generally

more affected by whim, fear, despondency, and apprehension of a thousand horrors and evils; disturbed sleep, dreadful dreams, tossing and watchfulness during the night. The patient shall be out of temper at times without cause; and at other times he shall manifest all the goodness of human nature. In some cases, persuasion is ineffectual to remove the expectation of a variety of evils which may never come to pass.

If we compare the principal symptoms of these diseases, and the methods of cure, we may discover a striking resemblance: for, in the *atonic* gout there are commonly very marked symptoms of hypochondriasis; as dejection of spirits, seriousness, timidity, distrustfulness, fickleness, caution and care about mere trifles, sourness and rudeness to inferiors, want of kind attention and good breeding to equals, with indifference and shyness to strangers; all the great powers and generous passions of the mind being subdued by the influence of melancholy, and the conception of evils fantastical and groundless; shadows and non-entities being represented to the mind as serious realities, and magnified into the most important concerns.

Such a miserable state of mind deserves our sincere commiseration; and our best offices and abilities

abilities should be exerted to palliate and remove it. The patient should reflect and consider, that there is no possible object, or subject of thought, worthy of so much wretchedness; and that the spirit of *Christianity* and *true* philosophy will always enable us to be superior to finite evils. It ought to be a great consolation, that although the sufferings of the patient be very distressing, yet the danger is not great; and that his cure depends as much upon his own conduct, as upon the attention and skill of his physician.

It is not unworthy of observation, that hypochondriacs often possess the best rudiments of health and longevity, notwithstanding the apparent flimsiness and craziness of their constitutions: and that, when in good humour, many will not only excel in vivacity and sprightliness of fancy, off-hand wit, aptness and rapidity in arranging their ideas; but often raise our admiration by their abstruse thoughts, depth of understanding, and the coherence and solidity of their arguments.

Dyspepsy, or indigestion; the hypochondriasis, or low spirits; and the *atonic*, or flying gout, appear more generally among men of learning, genius, and property, whose minds are frequently upon the rack of thought, than among

the illiterate, the stupid, and the indigent, who seldom experience the fatigue of study, the labour of reflection, or any cares but such as are necessary for the supply of the present moment.

And even among persons of the first description, those who are possessed of fine sensibility, and irritability, of great vivacity, spirits; and ready wit, are more liable to these diseases than those who appear on all occasions easy, careless and unconcerned, who have no humane and tender feelings, and upon whose hardened hearts the distresses and calamities of human nature make no impressions.

Intense thinking, or the labour of the mind, therefore, which exhausts the finest spirits, while the body remains inactive, and the muscular system relaxed, must be a powerful remote cause of hypochondriasis, &c.

The passions of hatred, envy, malice, love, fear, jealousy, anger, immoderate care, grief, troubles, and disappointments, study, night-watching, close application to business requiring deep thought; excess in venery; excessive drinking of warm watery fluids; frequent intoxication, and immoderate and sumptuous meals; a sedentary, inactive, and indolent life, contribute likewise to the production of these maladies, and ought carefully to be avoided.

It

It is to be observed, that the temperature and gravity, or spring of the air, and its dryness and moisture, have wonderful effects upon hypochondriacs. Those who are not conscious of this, and who pay no attention to the changes and feelings which take place in their bodies, at the rising and falling of the mercury in the barometer, and by particular winds, are apt to attribute their sufferings either to the nature of their own distemper, to their own conduct, or to the want of attention, management, and skill of their physician.

As it is not to be expected that every person can have philosophy and self-denial enough to abstain from all the remote causes of indigestion and hypochondriasis, so a complete *cure* may be doubtful. But if the patient follow the advice I here give, and continue to take the remedy according to these directions and rules, he may depend upon enjoying a far better state of constitution than he at present possesses.

In *dyspepsia* and *hypochondriasis*, besides the derangement of the nervous functions, the liver and spleen are disordered; the stomach and intestines have lost their natural tone and energy; the peristaltic or propulsive motion of the alimentary canal is greatly diminished and weakened; the office of digesting the food, so as to

produce bland, nutritious chyle, is imperfect : and from this loss of tone and energy in the stomach and intestines, the liquor or ferment of digestion in the stomach is so changed, and become so peculiarly acid, that, instead of disposing the aliments to dissolve and digest into animal nature, it very evidently throws them into a kind of vinous or acetous fermentation ; in which process a great quantity of fixed and other air is separated ; and, remaining still hard and undigested, nature, considering them as extraneous substances, brings on nausea, or sickness, to eject them by vomiting ; or, if such *ingesta* pass from the stomach into the guts, from the loss of tone, want of proper stimulus, and from the diminished energy of the peristaltic motion of the intestines, they become a mere load ; and it is often long before they can make their way to the natural outlet. During their passage from the *pylorus* to the *anus*, not being disposed to mix with the solvents of bile and pancreatic juice, they yield very little nourishing chyle ; and fermenting in an unnatural way, the bowels are filled and distended with air continually evolving from them, till their expulsion. In such a case, to ease the patient of his sufferings, if no looseness occur, it becomes necessary to administer vomits and purges, or clysters ; by the

the repetition of which, the whole alimentary canal becomes insensible to every common stimulus; so that, without strong emetics, drastic purges, and very stimulating clysters, the patient can have neither comfort nor stools; and thus, the body being deprived of its due nourishment, and the brain and nerves of spirits, the patient becomes emaciated, miserable in mind and body; and, too frequently recurring to the last wretched resource, intoxicating liquors, and inefficacious cordials, finally sinks under the pressure of his afflictions.

It is to be noticed, that all the symptoms I have enumerated never take place at one time, in any one person.

The C U R E.

If sickness at stomach, and retching, or vomiting, be the principal symptoms, with a want of appetite; and if these have been of long duration, or the consequences of repeated excess, it might be necessary to cleanse the stomach by drinking chamomile tea, or by an emetic; but many persons, averse to emetics, prefer one of the detergent pills at bed-time, which always evacuates any offending load the following day; after which, every morning, an hour at least before breakfast, let the patient take one, two, or three

three tea spoonfuls, or half a table spoonful, of my Cardiac Tincture, in a glass of cold water; then, if the weather and other circumstances admit, let him take a walk, and return to breakfast. After which, let him use that kind of exercise which not only employs the body, but engages the attention.

For which reason, travelling in general, as it affords a variety of new and curious objects, and diverts the mind from infirmities and bodily sufferings, is always useful.

Every day at noon, or an hour or two before dinner, I advise the patient to take two tea spoonfuls, or half a table spoonful, of the Tincture, in a glass of cold water.

At dinner, let him eat heartily, if so inclined, of any joint or dish upon the table. He must abstain from pastry, all sweets, and new beer. He should eat more of animal, and less of vegetable food. Of bread, made of coarse flour, which must be thoroughly baked, he ought to eat but little. He may either abstain altogether from vegetables and fruit, or eat a small quantity of such as he finds to be of easy digestion. Crude or raw apples, eaten after dinner, disagree particularly. Crude apple in dyspepsy is so refractory that it will hardly digest. The *brassica* and spinach well boiled and peppered,
with

with very little butter, are proper. Of new cheese, very little; but good old strong mity cheese may be used with advantage. His drink, during the meal, may be good beer or fair water, with a toast. Every thing he eats must be thoroughly chewed.

After dinner, he may, if he choose, drink three or four glasses of some generous wine; or punch; or rum, brandy, or gin, mixed with water; the proportion may be one glass of spirits to four glasses of water. It may be proper to remark, that gin and brandy are artificial, modified, or adulterated spirits. The only genuine unimpregnated spirit, that I know of, is rum, which, when of a proper age, I believe to be the most salutary of all others.

At six or seven o'clock in the evening he may drink tea, or some coffee; the black tea, as congou or fouchong, will be best: perhaps cocoa, or chocolate, may agree better. Green tea is hurtful; and indeed every tea, as having a noxious sedative quality, is injurious in dyspepsy and atony.

His supper should be light: he may eat, if so disposed, of any proper thing there may be at table. He should prefer toast and water for his drink; but if he be fond of malt liquor, he should seldom exceed a pint of the best and clearest old porter,

porter, which should by no means be stale and hard. This advice, however, may be regulated and varied according to the established habits or custom of the patient.

After supper, if he wish for something, let him drink a glass of rum and water, punch, or good wine.

When he goes to bed, if he should be uneasy at stomach, and restless, in consequence of wind, hiccup, and heart-burn, let him take one or two tea spoonfuls or more of the Tincture, in a glass of water, adding one or two tea spoonfuls of magnesia.

Wind and convulsive hiccups often being symptoms of a foul stomach, always very distressing, and often preventing rest, I give emetics often with great success. One or two ounces of ipecacuanha wine, or from half an ounce to one ounce of the antimonial wine of the new London Pharmacopœia, taken in a cup of camomile tea, answers very well, working it off with a basin of the same tea repeated occasionally. But this relief, while atony remains, is only temporary : it is merely removing the effect of a cause. To destroy the cause, one table spoonful, or more, of the Cardiac Tincture, taken in a glass of cold water, or camomile tea, fasting, at noon, and after dinner daily, seldom fails.

The

The day following he ought to proceed as before, and persevere in such a plan of temperance, moderation, exercise, and amusements, till he has acquired a better state of health, when he should commit no excess. Let no argument, or notion of complaisance, prevail upon ailing persons to break through rules of temperance, upon which health so immediately and invariably depends. Convivial happiness ends the moment excess begins. His exercise should never be carried to such a degree as to induce fatigue or a sense of weariness; and his amusements must be of that nature which shall produce cheerfulness and rational mirth, taking care never to be altogether idle, and in a state of *ennui*; that is, never to be so thoroughly vacant and lost as to have the *fidgets*, and not to know what to do with himself, or how to spend his time. Whenever that mental excitement called vapours, restlessness, *fidgets*, occurs, let the person take one or two tea spoonfuls of the Tincture in a cup of rue tea, or in a glass of water. This excess of irritability may be frequently removed, and the spirits composed by a draught of porter, a glass of wine, or punch, or other cordial draught, which settles the irregular mobility of the nervous influence, and causes a

more equal distribution of it throughout the system.

Every time he shifts himself, let him give his body well chafed and rubbed by a piece of flesh-brush, till he feel an universal glow.

If costiveness prevail, with head-ach, giddiness, and yellow skin, let the patient take one detergent pill at bed-time, before he begins with the Tincture, and then proceed as above.

That kind of food which yields much nourishment, and is easy of digestion, as animal, is always to be preferred, because of such aliment a less quantity will suffice, and the stomach will not be loaded, nor the bowels distended with air. Animal food in the atonic state of the stomach, by very readily entering into the digestive or animal fermentation, is soon assimilated; but much fat must not be used.

He must never add another meal to one yet undigested. Of all absurdities and evils, in relation to the above diseases, none are greater and more injurious than eating unseasonably when one is not hungry, and drinking when one is not dry. There must be no drinking between meals; no relishes nor gills of wine before dinner; such a habit is pernicious.

Cold bathing, as it strengthens and braces the whole body, may, in some cases, be very bene-

ficial. But the warm bath agrees best with the lean and rigid.

Persons who are habitually costive would do well to use occasionally, at bed-time, three or four of the following pills, which will work off the next day.

R Aloes Socotor.

Pulv. Jalap.

— Zingib. aa ʒi.

Sapon. Hispan. aa ʒii.

Syr. q. s. ft. Pil. No. 48, vel. 60.

Some patients will find it requisite to take more of the above pills every night at bed-time; and immediately after them, he should take half a table spoonful of the Tincture, more or less.

I judge it essential to inform the public, that many symptoms analogous to those of the purely nervous *hypochondriasis*, I have observed to be evidently consequences of *pletbora*, plenitude, or fulness of the sanguiferous and vascular systems: as confused head-achs, with noise and ringing in the head; heaviness, giddiness and stupor upon sudden motion; sighing, anxiety, and oppressed respiration; fluttering, palpitation, and breathlessness upon walking fast, or up an ascent, or from sudden surprise; oppression and fulness after hearty meals; general and most uncomfortable throb-

throbbing; or pulsation of the arterial system; heat, sense of fulness, inflammation and swelling of the eyes and eye-lids: at times, chilliness succeeded by heat and thirst: in the morning, a nasty taste in the mouth, with dryness, inflammation, and desire to retch, or nausea. Occasional languors, sinkings and low spirits; sense of weight and debility of the whole body, with restless nights and unpleasant dreams. If such complaints take place in persons who make hearty meals, and digest well, I advise them, in proportion as they value health, to live moderately and abstemiously; or preserve the balance between the phlogistic and atonic state by due evacuations. And as a good medicine for inflammatory *diathesis*, let every such person take a pinch or *prise* of purified nitre in powder, in a glass of water, fasting: and at dinner let him dissolve four or five pinches of the same cooling and most salutary salt, in about half a pint of water and toast: if he drink two half pint goblets of toast and water at dinner, three *prises* or pinches of nitre may be enough in each. If the patient be of a very inflammatory habit, and labour under the above symptoms, let him use the nitre in the same manner at tea and at supper. By one pinch or *prise* of nitre, I mean ten or twelve grains. It will be convenient

nient to have the nitre ready in a little bottle or wooden box, holding half an ounce or so in powder, to be carried in one's pocket. For the removal of the above complaints, abstemious living, and nitre thus used, will be found preferable and safer than to establish habits of phlebotomy. Also, to remove plethora and moderate the phlogistic diathesis, or the too high tone and contractility of the system, take from two drachms to half an ounce of soluble tartar, or Epsom or Glauber's salts dissolved in half a pint or more of warm water in the morning fasting, twice or thrice in the week; and now and then, at bedtime, a febrifuge pill.

Very lately, in some cases of the *typhus nervosus*, *typhus putridus*, or the slow, nervous, putrid, malignant, petechial fever, I had remarkable instances of the good effects of this Tincture; as a *cordial*, and antiseptic, and antispasmodic, and diaphoretic. One patient was a young gentleman. After having treated the fever in the usual manner, with gentle emetics, diaphoretics, sudorifics (during 15 days no *diaphoresis* or sweating could be produced), antispasmodics, blister, and antiseptics, without success, I sent for Doctor Clerke of Epsom. The symptoms at this time were the following: tongue (formerly white and moist) black and

C

parched;

parched; teeth and lips furred with a black gluey kind of matter; delirium, coma, with sudden startings, restlessness, *subsultus tendinum*, picking and searching about the bed-clothes, with tremulous hands; skin as from the beginning, dry and hot, with, at times, great degrees of flushings in the face; quick and oppressed respiration; pulse 130 in the minute; great debility and faintness, with at times retching and hiccup; urine and stools discharged involuntarily. It appeared to Doctor Clerke, and I was also of the same opinion, that the patient would not recover. The doctor prescribed skillfully and judiciously; and as I had only applied a blister to the back, Doctor Clerke ordered one to be applied upon the head. But notwithstanding all that was done, the patient became worse, and could not retain the prescribed medicines; wherefore I tried the following draught:

R. Tinct. Cardiac. ʒij.

Aq. Commun. ʒi.

Vin. Antimon. gutt. xv.

Sal. Nitr. pur. gr. x.

M. ft. Haust. 2da quaqu. hor. sumend.

This draught he kept down; and from this time he became better, the vomiting ceased, the delirium abated, he slept and was refreshed: pulse 100. Having taken several of the above draughts,

draughts, with very evident benefit, I gave the Tincture in the decoction of bark, in the proportion of ʒij to ʒss every four hours. The patient recovered.—In recovering he had no speech, nor action of the muscles of the thighs and legs for several days. The senses and faculties of the mind seemed to be very much impaired, so that he continued for many days peevish, childish, and in a state of fatuity, with a voracious appetite. He was very much wasted; and in particular, the muscles of the thighs and legs, the flexors whereof were contracted for many days. For the information of professional gentlemen, I shall add, that in the latter stage of this fever, where delirium, want of sleep, vomiting, hiccup, startings, &c. were the principal symptoms, I have with very great success applied a cataplasm of camphor, opium, assafoetida and soap, to the blistered back and head.

Rules for taking the Cardiac Tincture in particular Cases.

In nervous head-achs, accompanied with complaints of the stomach and bowels, if constive, take three or four of the opening pills as above, at bed-time, and one or two table spoonfuls of the tincture, in a cup of camomile

tea. The pills will procure some stools the following day. Take the tincture every morning fasting, and again an hour before dinner, every day. In all cases of nervous head-ach, with noise in the head, it is essential to keep the body open, wherefore repeat the pills occasionally. Live regularly and temperately.

For faintings, sinkings, low spirits, languor and debility, let the patient take (in proportion as he or she can bear wine, &c.) one or two table spoonfuls, or half a table spoonful, according to the urgency of the case, to be repeated occasionally, either unmixed, or in a glass or cup of any drink. To remove the above complaints, take one or two spoonfuls or more every morning fasting, and about an hour before dinner, every day.

For wind in the stomach and bowels, take the tincture at any time when the stomach is most empty, and continue the use of it fasting and before dinner, every day. If costive, by way of a proper purge in this case, take three or four of the opening pills, as above, and a little tincture after them at bed-time, in camomile tea.

For the nervous cholic, or dry belly-ach, take for four hours half a table spoonful every hour, in half a pint of camomile tea, until the agonies abate.

abate. Give some aperient, nervous, pills, as above, at bed-time.

For bilious sickness and gripings, take one of the detergent pills at bed-time, once or twice in the week, and the tincture an hour or two before dinner, every day: or, if the case be not strictly bilious, take three or four of the opening pills, and one table spoonful, or half a table spoonful of the tincture, at bed-time, in a large cup of camomile tea. The pills to be repeated occasionally; and the tincture to be taken twice every day; in the morning fasting, and about an hour before dinner.

For heartburn, take one table spoonful or more in a cup of camomile tea, and add a large tea spoonful of magnesia, occasionally. But the weakness of the stomach occasioning heartburn will be cured by the daily use of the tincture in camomile tea.

For tremors and paralytic affections, take one table spoonful every morning fasting, and an hour before dinner, every day. When costive, take some of the aperient, nervous, pills at bed time, with a little of the tincture after them.

In the declension of life, in broken constitutions, and in cases where the health has been impaired by climate, &c. take a proper dose of the tincture in camomile tea, twice or thrice in the
C 3 day;

day; viz. early and fasting, at noon, and at bed-time. Or, if the tincture keep the body open, take it once in the day before dinner; if costive, take a few of the pills occasionally at bed-time; or take two at night, and one or two next morning, with some of the tincture after them.

In the Indies, and other hot climates, in every case of nervous debility, muscular and vascular relaxation, attended with faintness, sinkings, languor, and loss of appetite and spirits, and in all low nervous, putrid, and contagious fevers, the patient will reap essential benefit from the use of this tincture.

The Cardiac and Nervous Tincture is prepared and sold by Mr. Rymer, at his house in Reigate, Surrey. As the great success and reputation of Mr. Rymer's Cardiac and Nervous Tincture may excite fraudulent persons to counterfeit it, he prays the public would not purchase it of any person who is not authorised by himself, under his own hand-writing, to sell or vend it. Upon every bottle is a label signed by Mr. Rymer.

If any person shall offer to sell any bottle or composition, declaring the same to be Mr. Rymer's Cardiac and Nervous Tincture, without having written authority to do it from Mr. Rymer,

mer,

mer, signed by himself, the said bottle is a counterfeit. Information of this will be handsomely rewarded by Mr. Rymer.

If any person shall copy, imitate, counterfeit, or forge, Mr. Rymer's hand-writing, or name, upon any label, wrapper, paper of directions, or inclosure of any bottle, purporting the same to be Mr. Rymer's Cardiac and Nervous Tincture, in order to impose upon the public, and to defraud Mr. Rymer, for his, her, or their emolument, it is felony.

OF THE
NATURE AND SYMPTOMS
OF THE
G O U T.

THE Gout is a disease which sometimes appears in a regular, and at other times in an irregular manner.

The first is the inflammatory gout : the second is the atonic, anomalous, or flying gout. The inflammatory gout of course occurs only in vigorous, phlogistic persons, whose fibres or solids are in full tone and contractility, and in whom the inflammatory diathesis and plethora prevail. There is an affinity between this gout and that paroxysm of fever affecting particularly the head and stomach, which abates upon the appearance of erysipelatous inflammation of any part, as the leg, &c.

A fit

A fit of the regular gout is generally ushered in by chilliness, yawning, shiverings, anxiety, nausea, sickness at stomach, debility, drowsiness, stupor, confused head : and these are often followed by full, quick, hard pulse, and burning heat, with thirst, and aversion to food ; then pain in some part of an extremity, as the foot, most commonly in the first joint or ball of the great toe. The feet and legs feel uncommonly cold ; there is a sense of pricking, and numbness, with swelled full veins, and cramps : the stomach is generally more or less out of order, attended with a sense of weariness and languor, wind, loss of appetite, and other marks of indigestion.

The pain in the foot, at the beginning, is often accompanied by a coldness, and creeping sensation or shivering all over the body, or in particular parts only ; and as the pain becomes violent, the last symptoms vanish, and are succeeded by symptoms of fever, which continue generally till the crisis, which most frequently happens about the middle of the following night after the attack ; at which time, if a breathing sweat succeed the remission of the pain, and the patient fall asleep, he generally awakes in some degree of comfort ; and the part affected by gouty inflammation will look red, and be swelled for a few days,

days, accompanied, notwithstanding, in the evening, by some degree of pain and fever, till the fit be quite gone.

Thus it is in a simple paroxysm of the Gout. But in the regular Gout also the affliction of the patient is oftentimes very sad indeed. For as it goes from one foot, the other shall be frequently attacked; and when the second gets well, the first shall again suffer. The changes of pain are wonderful in the Gout. Sometimes every joint shall be affected, and many joints at the same time.

In the progress of this disease, and as the patients become aged, the *regular* often degenerates into the *irregular* Gout; the fits being less marked by inflammatory affection of joints, and the internal organs suffering more.

The chalky-like substance formed in gouty parts appears to be produced by the arthritic inflammation of joints. As pus is produced in phlegmonic inflammation, so a matter, which when dry is like chalk, may be peculiar to gouty inflammation; or possibly, nay probably, it is an exudation of noxious matter: and some would say that the inflamed part is a secretory organ producing such matter.

In the irregular Gout there is seldom any regular inflammatory affection of the joints. The
gouty

gouty disposition prevails generally throughout the body, without shewing itself in local inflammation.

The chief symptoms of the irregular or flying Gout are belchings, sometimes sour; breaking of wind, or eructations; hiccup, anxiety, sickness at stomach, loss of appetite, and other signs of indigestion. There is a dull dejecting kind of a pain about the pit of the stomach; also peculiar pains, and cramps or spasms, in various parts of the body; and there is a sense of fulness of the stomach and bowels, which discharges of wind or air in a great measure, and for a time, relieve.

The body is often bound, and at times there will be a looseness, with cholic pains and gripings.

In the irregular Gout there are also sometimes symptoms of palsy and apoplexy, head-achs, and vertiginous affections. When oppressed and laborious breathing, with fainting fits and palpitations, occur, there is sufficient cause of alarm: but, as in the hypochondriasis, when there is no shadow of danger, so in irregular Gout there is oftentimes great fear, despondency, and dread of death.

In the irregular Gout, the nervous system seems to be especially affected; the functions,
both

both animal and vital, are disturbed, and the powers of life universally weakened.

The irregular Gout occurs generally after the age of forty years. In some cases, it appears more early.

It is said, and in compliance with the received opinion, I have in the former editions likewise said, that a person in vigorous health, born of gouty parents, by a spare diet, that is, a diet of vegetables, with, at times, milk, butter, cheese, and eggs, the latter sparingly; by great self-denial in respect of animal food, Bacchus and Venus, who shall drink pure water, or fine weak fermented liquors, instead of wine, spirits, and intoxicating drink; and who shall, in youth, enter into habits of daily muscular action, adopts the best means to avoid the gout. But I am now led to qualify this prevailing notion, by observing, that I have much reason to consider the regular Gout as a salutary operation of the human œconomy to free the system from noxious matter. By a fit of the gout the high tone and contractility of the system is reduced to a proper standard, and the phlogistic gouty diathesis removed for a time. Wherefore, at the commencement of a fit of gout, nature must not be checked in her operation, by blood-letting and other great and debilitating evacuations,

tions. At the very beginning of a paroxysm, a gentle antimonial emetic is a proper thing; then the patient should go to bed, and endeavour to get into a breathing sweat, by being duly covered, and drinking frequently a basin of warm, bland, thin drink, with just so much antimonial wine in each as shall cause nausea, without vomiting. Wherefore, in health, instead of the above diet, I freely recommend the proper use of animal food and wine. The effects of an abstemious or over-temperate manner of living are generally, where there is no disease, more distressing and injurious than any which can arise from the proper use of the common diet of a gentleman.

No person already subject to the Gout in advanced years, or in the decline of life, should pursue the above plan; particularly if he have been accustomed to free living. The diet of such a person ought to be rather full and stimulating, than low, spare, and watery.

In respect to the quantity and quality of drink and food, no standard, in my opinion, can be given. Every one subject to the irregular Gout, I will suppose to be at that period of life when the judgment and understanding are capable to determine the propriety of his own actions: he will know of what and how much he should eat;—and, if he be apprehensive

five

five the Gout is flying about him, he will endeavour to divert it from the head and stomach, from the chest and belly, by living upon a seasonable diet, diluted after dinner and supper by a due quantity of generous wine; or, if wine sour upon the stomach, by a proper mixture of brandy and water, rum and water, or other ardent spirit and water. He will not give way to melancholy, but will recur to cheerful company; he will avoid close application of the mind to any object of study; he will keep the whole body, and especially the feet, very comfortably warm; and if able, he will, if the air be neither moist nor too cold, walk a mile or two, or use other exercise in a due degree before his dinner; at which meal he will abstain from vegetables and fruit, from fermenting liquors, and eat but little of bread; because in the present state of his stomach, such things are rather indigestible and flatulent, and apt to enter into the acetous, instead of the animal fermentation.

By the above means, if there be vigour enough in his constitution, a regular fit of the gout may be brought on: but if these fail, and the vital and animal powers flag and lose energy, recourse must then be had to medicine: and in this place, I confidently recommend the Cardiac and Nervous Tincture, as the safest, the most effectual
and

and successful of any medicine hitherto discovered.

Of late, several persons of high rank, aged above fifty, whose regular Gout had become retrocedent and atonic, by taking this Tincture fasting, at noon, and after dinner, in a glass of water, or chamomile tea, have again had regular and generous fits in the extremities; by which means the stomach, head, &c. were greatly relieved, and better health induced.

In the irregular or flying Gout, it will be found to be an invaluable remedy, by increasing the energy of the nervous and sanguiferous systems; strengthening the tone of the stomach and alimentary canal; removing cramps and spasms, and by moderately opening the body; by which means all the symptoms will be vanquished, or a regular fit will be sometimes brought on, and the disease thereby removed for years.

For persons afflicted with the atonic Gout in the stomach, head, &c. who have been in the habit of living upon a full diet, and drinking a cheerful glass, the dose may be one or two table spoonfuls, twice or thrice in the day; viz. the first dose in the morning early, the second an hour or two before dinner, and the third dose at bed-time, in a glass of cold water.

The quantity and times may be varied according

according to the urgency of the symptoms, the constitution, age, and habits of the patient. But from much experience I find that a full dose is most successful, and that the hopes of many persons have been disappointed from the smallness of the dose.

For women, and men who lead sober lives, the dose may be only half a table spoonful at the above periods; but the dose and repetition thereof must depend much upon the judgment and discretion of the patient, or of persons about him.

In the regular inflammatory Gout of the joints, this medicine is not to be used; unless in case of its backwardness or retrocession, with pure symptoms of the irregular Gout affecting the stomach, the head, or thoracic viscera; when it may be used with discretion, to hasten the fit, or reproduce the regular paroxysm.

In old age, or in the decline of life, if the regular Gout be accompanied by affections of the stomach, the use of this remedy will be highly proper and beneficial.

CASE I.

To Mr. RYMER.

S I R,

ON seeing your Treatise on the atonic or anomalous Gout advertised in some of the public prints, being an old arthritic, and interested in the event of a nostrum, which promises comfort to misery, I sent for both book and medicine. At the time I began on the medicine according to directions, I had been seized ten days or more. The attack in the first stage was severe and bold, and for three or four days of the right regular inflammatory kind; but soon changed its nature, and became phlegmatic and œdematous, flying from part to part through the whole body; but tormenting the knee chiefly, where it seems to have made its principal lodgment, and thence makes its desultory excursions into all the neighbouring regions of that whole limb, and indeed side. Till last night I have not, since the first accession of the fit (which is near a fortnight ago) had two hours sleep in the whole. I keep taking your tincture on, which seems to prevent the exhaustion of my strength and spirits, notwithstanding my night sweats are

D copious

copious and profuse. As I mean to give your medicine a fair trial, I wish you to send me as much as you can afford for one guinea : I have just got a second bottle, which I shall proceed to take as at present, unless you send me special directions to the contrary.

As soon as able, I mean to see you at Reigate, unless your business in town shall render a jaunt thither superfluous. In the mean time, however, as you may not possibly come to town, nor I be able to visit Reigate, it may be proper to inform you, that I am an hereditary arthritic, and had a regular fit before I was twenty years old. Naturally of a robust constitution, fond of rural diversions, and of a convivial disposition, the paroxysms of the gout, which were for some years but short, excited contempt rather than concern. I observed, however, the fits lengthen, the pains increase, and my patience on the wane. I accordingly resorted to topics which I used with more courage than conduct. Amongst these were occasionally blisters and leeches, rye-poultices, &c. which precipitated the fits, and answered some temporary expectations, and my gout continued regular for many years; but I believe much exacerbated by those imprudencies. But what destroyed its regularity was, I am clear, the use of the Portland medicine, continued

tinued through a period of three years or more. From this æra I date the fatal alteration in the annals of arthriticisim : from this time it was no longer the bold generous inflammation that brought on a fiery swelling, whose pains began to increase at eve, and abated regularly in the morning ; and whose periods of accession were also chiefly confined to spring and fall. But now the whole mass is indiscriminately the object of attack : and the pains that were formerly acute, and had their definite paroxysms, are now become dull, heavy, obtuse, and indeterminate, without any warning at commencement, and without any certainty of cessation or respite. In the convivial way I have taken liberties with my constitution ; but never continued long in habits of intemperance of any description : and all injuries derived from venery were slight, and antecedent to the attack of the Gout. I am now in my 54th year ; in good spirits when well, but in a long habit of decrepitude, and unable to take exercise but in a carriage. After finishing the Portland medicine, I fell ill of the dumb gout, and was removed to Bath, where I remained a confined cripple for three years. I both bathed and drank the waters all the time, and found myself at length much better ; but could never recover fire enough to bring my gout to its old

standard. I will however give your medicine a fair trial. I have a high opinion of camphor, which enters into its composition; and also of some other of its ingredients, which seem to discover themselves to the palate of,

S I R,

Your humble servant.

P. S. As I write this in bed under the sense of great pain, you will, I hope, excuse the manner of the execution.

A D V I C E.

It is highly imprudent and dangerous to take any medicine, or use any means to radically cure the regular Gout. Such a revolution in the body can only be obtained by sedatives, which are noxious to the brain and nerves, and induce debility, atony, dyspepsy, hypochondriasis, and the anomalous instead of the salutary regular Gout. The Portland powder has been the bane of many persons. It has in many instances produced palsy, apoplexy, and mania or fatuity, having previously brought on the above state of misery.

Take half a table spoonful of the Tincture, in a cup of camomile tea fasting, an hour or two before dinner, and three hours after dinner daily. Keep the body open with the opening pills; and
take

take every night at bed-time; from five grains to twenty of ammonia præparata, in half a pint of mutton broth.

In truth, it may be said, that we certainly can cure the Gout, *i. e.* we know how to treat a fit of Gout. We can also cure, or properly treat a fit of hæmorrhoids and erysipelas, and other habitual diseases which return at uncertain periods. But we cannot prevent the return of paroxysms, without most assuredly endangering the patient.

He is worse than a knave who pretends or attempts to cure for ever, or prevent the return of, the regular Gout.

C A S E II.

To Mr. R Y M E R.

S I R,

I SOME time since applied to you, in commendation of a poor woman, for the charitable aid of your tincture, and to which you most benevolently assented. I have questioned her more particularly as to her malady. I find she was much afflicted with flying pains, like fitches, but very acute. They sometimes attacked her under her left shoulder—then would shift to her side—would often extend to the stomach, and descend to the bowels. The pain would occasionally attack her on the back part of her head. In whatever part it affected her, the place felt exceedingly cold, I mean internally; and whenever it was coming on her, she had always notice of it by a preceding sleepiness. She was also greatly troubled with wind in the stomach, and had almost always the unpleasant sensation as if something of a lump was in her throat: and her pains were generally accompanied with sickness, and sometimes vomiting. How far you will be able to judge of her case by my unscientific description of it, I know not.

Before

Before the application to you, she was an out-patient to an hospital, and treated by the physicians with the greatest attention and tenderness, and, I dare say, skill. She found most relief by some pills, of which a considerable component part seemed to be assafoetida: but, at the best, the effect was but palliative.

She has now taken three bottles of your tincture, and (being subject to costiveness, which I should have told you) one box of your pills. I have the pleasure to tell you that she is infinitely better. Her pains attack her much seldom than before; they are less violent when they do come; the seeming lump in her throat is totally vanished: the wind in her stomach is greatly abated. She was worn to a shadow, but is now gathering strength extremely fast. Her appetite is returning, and her sleep (which before was very trifling, and unrefreshing) is now become of longer duration, comfortable, and cherishing.

With all this, she is yet far from being perfectly well; but has every hope, trust, and prospect, that your tincture will complete what it has so happily begun. But she is afraid of trespassing on your bounty. You ordered her to have from Mr. Smith, what she should want "from time to time." She however cannot

think of applying for more without a second license from you for that purpose. Nay she has not taken it as uninterruptedly, and in such doses, as your directions require, for the fear of seeming to encroach upon, and take advantage of your benevolence.

I beg pardon now, Sir, for myself, for breaking so greatly into a time which is so much more importantly employed. The intention must plead with you in excuse for the deed.

I have the honour to be, with the greatest consideration and esteem,

S I R,

Your obliged,

And most humble servant.

I had not the opportunity of paying the postage of the letter; but I will take care that the postage of this and the former shall be paid to Mr. Smith on your account.

A D V I C E.

This case occurred, I find, at a certain time of life; consequently some of the symptoms were hysterical. The Tincture before dinner, and when faint and low. The opening nervous pills occasionally at bed-time.

CASE

C A S E III.

To Mr. R Y M E R.

S I R,

I AM one of those unfortunate people who labour under a dyspepsia, with those disagreeable consequences attending on this disorder, which you have so justly described in your little tract, which fell into my hands yesterday—such as pains in my breast, back, loins, with a general fulness not only in my bowels, stomach, &c. but in the whole alimentary canal. A continual fulness, with a smarting pain about the cardia; always a dryness about the fauces, or muscles of deglutition, with a sense of suffocation in the œsophagus, which never leaves me until I have a violent and sudden eructation. From a confirmed sciatica of long standing, I cannot use any exercise but in a carriage; and from this cause I am become of a plethoric habit, and corpulent. I have a good, nay rather too keen an appetite; but every thing I eat becomes acedcent. The ingesta, after it hath passed the pylorus, always creates pain, flatulency, and uneasy

easy sensations ; and, from a long residence in hot climates, the biliary system hath been obstructed. There is either a paucity or defect in the quality of the bile, from the nature of the fæces. My sleep is never sound and placid, giving that refreshment to the body which enables it to perform its functions. I am perfectly regular in my manner of living ; seldom exceed a pint of good port in the day—nor ever taste supper. A sense of dull pain, with a coldness, always *creeps* down the left hypochondr, as if the spleen was affected—and probably it may. When free from any violent pain, I have good spirits. As I never expect to be well from these complaints, all I want is to be tolerably easy. Although I am not above 42 years of age, I find that I shall not be many years an inhabitant of this world. I have taken six or eight bottles of your Cardiac Tincture, according to the printed directions. I cannot say I have found any alteration in respect to my digestive powers. There is a strong taste of camphor in the composition, which hath always been a favourite medicine of mine ; agreeable to my nervous system, I take it the more willingly. As you have, in your printed Tract, declared your willingness to give any further directions about the Tincture that may be better adapted

adapted to the various cases that may occur, is the reason of my obtruding this upon you.

I am,

S I R,

Your most obedient servant.

I buy the Cardiac Tincture in Bishopsgate-street, which hath your signature, therefore I fancy it is genuine.

A D V I C E.

To take a febrifuge pill at bed-time, once or twice in the week; and a table spoonful of the Tincture every morning fasting, at noon, and three hours after dinner, in a cup of chamomile tea, till better. To live abstemiously two or three days in a week: to eat more meat and less bread, and to use a greater proportion of vegetables, with pepper, well boiled, at dinner. When the meal is become acid with heart-burn, add one or two tea-spoonfuls of magnesia to the third draught. At any time, when the acid in the stomach gives much pain or heart-burn, take magnesia in ca-

momile tea. Use the flesh-brush every morning: drink toast and water at meals, viz. at dinner and supper; and the usual quantity of Port wine.

C A S E IV.

To Mr. R Y M E R.

S I R,

HAVING been many years subject to a stomach complaint, attended with indigestion, acidities, confusion in my head, and latterly afflicted with rheumatic or nervous pains in every part of my frame; I bought your little Treatise on Indigestion, and several of your bottles of medicine recommended; intending to pursue the plan laid down by you, took one spoonful of the Tincture, which tasting so very strong, and feeling it so much like a dram in my stomach, so extremely hot, I rejected then the medicine, conceiving that in all nervous affections of the stomach, and in all cases when the organs of digestion were weakened, obstructed, or imperfect, drams, and dram-like medicines were certain destruction. I stated the particulars of my case to a physician of eminence; it was his opinion, my disorders proceeded from weakness and obstruction in the digestive organs, and vitiated juices in the first passages; that my habit, from causes probably not to be accounted for, was early disposed to nervous affections. The many severe
7 fevers

fevers I had experienced in my youth, and the one in particular, which left me disordered by a continual head-ach (adding to these, some deep and painful thinking), had increased this nervous tendency. He was also of opinion, should I hereafter fall into gout, I should experience a serenity and cheerfulness I had so long been a stranger to. To cleanse without rudeness, and imperceptibly restore and invigorate, not only the stomach and parts most particularly affected, but also the habit at large, were the endeavours to be pursued. I have followed the plan proposed without experiencing any solid benefit. I have been to Cheltenham, as preparatory to the Buxton waters. I have taken the Buxton waters for above three weeks; and bathed in those tepid waters. Bathing, after repeated trials, I found disagree with me considerably. I conjecture, my complaints being internal, I must remove those before I attempt invigorating the frame by outward applications. Sea bathing, I have likewise experienced, disagrees with me. The Buxton water, taken internally, gave me an appetite, but I don't think at all strengthened my digestion. I still feel an uncomfortable sensation in my stomach, a confusion in my head, want of sleep, an unpleasant taste in my mouth, and whiteness of the

the tongue when I rise in the morning ; flying pains in various parts ; indeed I have not been free from pains these twelve months past, sometimes so severe in the lowest part of my back, (not my loins) as to render me incapable of moving. You will not wonder, after what I have mentioned, when I say I cannot enjoy myself. Could I gain any thing like health, I have every reason to be satisfied : I have nothing on my mind to distress me, nor wants with respect to fortune. I am in the best of all states, neither poor nor rich. I have as great a relish for the amusements, for the comforts of life, and am in as good humour with the world, as any man in it. I am very far from being of a gloomy or dissatisfied disposition. I have always accustomed myself to a great deal of exercise, to much society. I rise early, and live temperately. I could now in general eat heartily ; but I never indulge to that excess as not to be able to eat more. Acids and fruits have always disagreed with me ; I abstain from them of course. Port wine I have left off for the same reason, indeed I seldom take more of any wine than three or four glasses at my dinner ; suppers for many years I have left off. I have not always been so attentively regular as at present. I have indulged in the pleasures of the table, with respect

to

to wine, but have very rarely been intoxicated. I have been always capable of drinking freely, without shewing the usual effects of it. It is necessary for you to understand, I have never lived in an habitual course of drinking; whenever I have indulged, it has been the sudden consequence of festive enjoyment. I have not the least reason to suppose free living to have at all occasioned my present maladies. I am now about thirty-eight, still wear the outward appearance of health, and, notwithstanding I have fallen away considerably within these twelve months, am still plump enough, if I continue as I am. I conceive I am young enough to set my constitution to rights, if I can but find a regimen, attended probably with some medicine, which by perseverance may effect it. I have fancied latterly that even two or three glasses have heated me, and have for a day or two not taken any; but I think I have felt a more unpleasant distension after my meat, from the want of its warmth. Brandy and water, or any spirits and water, I have been led to believe as very prejudicial.—I feel a more sensible comfort from wine than those mixtures; and they distend my stomach generally. In fact, I am not well whatever I practise. I have not therefore yet hit upon the right method. •If abstaining

abstaining from all wine, all spirits and water (beer I seldom drink), drinking only water, or milk and water, eating less animal food, and more of farinaceous vegetables, as potatoes, dried pease, &c. or leaving animal food altogether, and taking only milk, with rice, or any addition to increase its nourishment, I have courage and perseverance to make a fair trial. My conjecture may be weak; but I think it possible my cure might be effected by a mode of living dissimilar to what I have been always accustomed to.

My aversion to spirits, taken internally, occasioned my first rejection of your medicine.—Your offer, in the latter part of your pamphlet, of communicating additional advice to those who might think it necessary to apply to you for further instruction, was my reason for troubling you with this hasty sketch of my complaints, and asking your opinion ingenuously, if your medicine is likely to be attended with success in my case. As it is impossible any one medicine can act with efficacy in various disorders, mine may be of such a nature as yours will not touch. If so, I shall not hesitate to throw away the bottles I have bought, and try that course you think most likely to succeed. You will pardon my repeating that my complaints are founded

E

chiefly

chiefly on a general uneasy and dispiriting fermentation in my stomach, a confusion in my head, want of sleep, pains in various parts, wind, unpleasant taste in my mouth, and want of the powers of enjoyment.

As it is very possible your pamphlet may have received additions to it, since its first publication, and that your medicines should be taken in different measures by constitutions, I should hold myself singularly obliged to you for your particular directions in my case. I will do myself the pleasure to repay your favour by any means you will please to appoint. I have to intreat you will oblige me as speedily as possible with an answer to my request.

A D V I C E.

This gentleman's complaints are chiefly the consequences of plethora, phlogistic diathesis, or too high tone and contractility of the body; consequently the antiphlogistic method of cure must be used. Take from 5 to 7 grains of mine, or Dr. James's fever powder, at bed-time; keep warm, and get into a breathing sweat. In the morning fasting, take ʒij of Epsom or Glauber's salt, dissolved in one pint of camomile tea, to be taken at short intervals in the space of one hour.

hour. Let him take a saline draught two hours before dinner, and one three hours after it—and when he has the heart-burn, let him take a tea spoonful or more of magnesia in water. With this plan he may live as he pleases.

I HAVE read your advertisement in the news paper, and have a desire to try your medicine. I have now been troubled with heart burn for five years past, with frequent indigestion, and a most intolerable pain in my head; but I will so bear with you of the manner of taking it. You say it is to be taken warm, one tea-spoonful or more, but I am told by a friend of mine, who has used it for a nervous head-ach, though without success, it may be strong he could not take it without shaking it with water; perhaps it might do on a glass of beer. I am however young. I am very much troubled with acid in all times; and though I have not tried with this medicine, which is a little more than a year ago, my legs as I was walking in my chamber, enjoyed the most perfect health for 40 years of age, and been very active in my vocation, my habit is become cold, and such as this season of the year, when I have one for medicine, I am often

obliged

F 2

CASE

C A S E V.

To Mr. JAMES RYMER.

S I R,

I HAVE read your advertisement in the news-papers, and have a desire to try your medicine for nervous complaints I have now laboured under for five years past, with frequent and almost intolerable noise in my head; but I wish to hear first from you of the manner of taking it; you say it is to be taken *unmixed*, one tea-spoonful or more; but I am told by a friend of mine, who has tried it for a nervous head-ach, though without success, it was so strong he could not take it without diluting it with water; perhaps it might do on a lump of sugar, like lavender drops. I am very much troubled with wind at all times; and though I have, till seized with this disorder, which, in its first attack, threw me off my legs as I was walking in my chamber, enjoyed the most perfect health till 55 years of age, and been very regular in my evacuations, my habit is become costive, and, unless at this season of the year, when fruit serves me for medicine, I am often
obliged

obliged to have recourse to physick, and at those times the wind is very troublesome, and flies up to my head, making me very giddy. Please to direct your answer for the method of taking it,

;—and, if you think I may find any benefit from it, I will send then for the medicine.

I am

Your obedient Servant.

A D V I C E.

Take one table-spoonful of the Tincture in a cup of camomile tea fasting, two hours before and three hours after dinner; in the two first draughts, dissolve ʒi. tart. solub. & ʒss. of vitriolated tartar. In the third, 10 grains of ammon. præparat. Continue the above for a due time; some opening pills at bed-time occasionally. The flesh-brush effectively. When the giddiness is severe, cup in a proper part, or apply leeches to the temples; use no foreign, but drink valerian tea, and take occasionally one tea-spoonful of tinct. val. volat. and of castor, with half a table-spoonful of cardiac, in six or eight ounces of camomile tea.

C A S E VI.

To Mr. R Y M E R.

S I R,

HAVING a complaint in my stomach, which I shall relate to you hereafter, and for which I have taken your Cardiac Tincture, three bottles, but have not found so much benefit from it as I expected; therefore, have wrote to you as you wished.

In the first place, I am troubled with a violent wind in my stomach, with a great deal of bile and acid, together with the heart-burn, in general, all at the same time, which occasion my lying awake, tumbling and tossing about, and getting out of bed four or five times, and walking about till I am so cold I cannot bear the cold any longer; this almost every night in my life. I cannot bear any warmth in bed all the fore part of the night, till my complaint is off—lie only with the common bed-clothes, —with one blanket;—for, if I don't drop asleep the moment I get into bed, so soon as I get warm, so sure I begin to be restless, and can't lie still for three or four hours.—Am subject
likewise

likewise to the rheumatism flying about me in my arms and shoulders.—Am not at present so bad as I was last year, though I fear it, as the weather gets bad, not by a great deal. I find not the least difference whether I eat *suppers* or *not of any kind*; but for these two months past I have constantly had either milk or water-gruel. I don't find that either one thing or other *agree* or *disagree* with my stomach at dinner, nor what I drink. I drink but little beer of any kind; live a very regular country life; take a good deal of exercise, both walking and riding. I may say I am *very well* in the daytime; go to bed at ten, rise at eight, sometimes sooner. In short, my days are comfortable, but my nights are *horrid*. Perhaps you require to know my age, I am turned of fifty. Now, Doctor, I have given you the whole account of myself; should be glad, by the return of post, of an answer, and you will oblige,

Yours, &c.

A D V I C E.

Take half a table-spoonful of the Tincture in a cup of strong chamomile tea, with one tea-spoonful of magnesia fasting, two hours before and three hours after dinner. Take the opening pills at bed-time, when needful. Meat at dinner, with greens well boiled and peppered. Use the flesh-brush very effectively every morning.

CASE

C A S E VII.

To Mr. R Y M E R.

S I R,

Accidentally seeing one of your bills concerning the Cardiac Tincture, and having been exceedingly troubled with indigestion and wind, with a continual heat, owing in part to confinement, and for want of exercise; it has also made me exceeding nervous, and hurt my spirits very much, and reduced me considerably in flesh; for this complaint I have been taking the bark and warm stomachics since Aug. 1783. On the 12th of September last I took two tea-spoonfuls of your Tincture fasting, and before dinner, and have continued it, with the addition of one, making the dose three instead of two, ever since. I find great relief from it; more so than from all the medicine I had taken before. I now beg your advice, as I am not quite right in my stomach, being at times very much troubled with wind, particularly if I go to writing at the desk, or stoop, or do any thing that presses the stomach. My wife, who has a very poor state of health, of a very lax habit,

habit, and is a childing woman, has tried your Tincture for a bilious and nervous complaint, and begs to know if she may take it at all times. Please to send me a quart, to be paid on delivery; or I can pay the money to Armitage and Roper, neighbours of mine; just which you please. Your answer will very much oblige

Your most humble servant.

A D V I C E.

The Tincture before dinner—and in case of costiveness, the opening pills occasionally at bed-time.

CASE

C A S E VIII.

To Mr. R Y M E R.

S I R,

WHAT occasions you the trouble of this letter is, that in your bills you request persons to state their cases to you, where your Tincture has not had the desired effect. My father has taken your Cardiac Tincture nine weeks, without cure, although not without relief, which makes me hope, with the assistance of your advice, and God's blessing, he may be cured, which will be a happiness to himself, and a great credit to your medicine.

He was a man of good constitution (though far advanced in life), till a year or some time longer ago; then he began to be troubled with hiccups, sour belchings, and wind, which caused pain at the stomach, that seldom ceased till he had vomited; he brought up much phlegm, that generally gave relief. This returned upon him, time after time, more and more frequent; he took vomits and warm medicines, but with little or no effect.

Seeing

Seeing the case of one Gentleman published, thought my father's so nearly resembled it (though believe he has not the least degree of gout), that he tried your Tincture, and found it immediately destroyed the sourness, and put an end for the present to a running of water from his mouth, and spitting of a great quantity of phlegm, that always proceeded and accompanied the sourness. Two tea-spoonfuls were found sufficient for a dose, but was obliged to repeat it three or four times every twenty-four hours. His worst time was generally betwixt eleven at night and three in the morning : was often obliged to drink a basin or two of warm water, which frequently either came up, or dispersed in some degree that wind which had given him great pain—by degrees much of those complaints ceased, but none intirely. He has lately taken the medicine seldomer; though always as soon as he finds sourness or spitting begin—but finds, by long taking, he requires a greater quantity at a time, and that he can seldom get over twenty-four hours, often not so long, without the complaint, and has been nearly the same some weeks past, which makes him almost despair of conquering it, and almost weary of taking the medicine, it goes so much against him from having taken it constantly

so long a time; therefore desire your advice and instruction how to proceed; and notwithstanding, you may depend on it being followed. He has not taken the phyfic you advise, because not costive; but has taken now and then one ounce of manna, and a small quantity of senna, which has purged him, having been advised that was good to carry down the glut from his stomach.

To me, who am totally ignorant of phyfic, all this seems to proceed from indigestion; pease and French beans have come up undigested, after five or six days. He now lives on milk diet chiefly, which seems to agree. Should be glad to know what liquor you think most proper; for, though he drinks but little (or ever did), yet we are always doubting about it. I should tell you the sourness does not always give the previous notice it used to do; it sometimes comes upon him at once, vomits immediately, or in violent pain from wind, or indeed sometimes both. Hope, Sir, you will not condemn the length of my letter, as I know not how you could judge properly of the disorder, without being acquainted with it from the first, and the progress of it.

Please

Please to favour me with your answer, directed to _____ and you'll oblige _____

Your humble servant, &c.

A D V I C E.

Take once in fourteen days, one ounce of ipecacuanha, or half an ounce of antimonial wine in a cup of camomile tea, as a gentle emetic. The day after, take half a table-spoonful of the Tincture in a cup of camomile tea, with one tea-spoonful of magnesia, fasting, two hours before and three hours after dinner daily.

Thesh flesh-brush.

CASE

C A S E IX.

To Mr. JAMES RYMER.

S I R,

Observing, by the daily papers, an advertisement of your Treatise on Bilious Complaints, Indigestion, &c. induced me to purchase one, which I have carefully perused, and do heartily agree with you in the various causes laid down as to the origin thereof; but as my case appears rather different from any person's that you have inserted in your Treatise, obliges me to request your advice.—My case is as follows :

Every morning when I rise, I am so very much troubled with phlegm, that I am almost choaked; and that of so hard a consistency, as to occasion hard struggling to bring it from off my stomach; so much, at times, that congealed blood will follow. Am rather costive, with a heaviness at my stomach; violent pains in my bowels, giddiness in my head, stitching pains in my sides and back, the latter very much so, should I stoop down for a quarter of an hour; large eruptions or blotches on my breast from arm to arm; am so oppressed with wind, that daily, about twelve o'clock, have such a roaring

ing noise within my bowels, that, if I may use the expression, appears as though it were the sound of thunder at a distance. This occasions me to be very sick at stomach.

As it will be necessary you are made acquainted with my manner of living, I eat little at breakfast, and at dinner very trifling; but as to supper, very heartily: this, in my own opinion, is not very wholesome. Very watchful at night, &c.

Now, Sir, as I have given you down the particulars of my case, may I beg your advice how to proceed, respecting the taking of your Pills or Tincture, which I shall strictly attend to, upon the receipt of yours; and can purchase them at Mess. Armitage and Roper's. Your compliance in the above will greatly oblige,

SIR,

Your most humble Servant.

P.S. Please to excuse my wording this to you, not being versed in physical terms.

A D V I C E.

From one to four tea-spoonfuls at noon, with one tea-spoonful of magnesia in a cup of camomile tea; one Detergent Pill once or twice in the week. Eat a basin of plain water-gruel, seasoned

seasoned only with salt, for supper. Take a febrifuge pill at bed-time. Take an antimonial emetic, or one of ipecacuanha wine in the morning early, once or twice in the week, on which days take no medicine; at twelve, a basin of mutton broth, with pepper and salt, on the emetic days; on other days, one or two table-spoonfuls of Cardiac Tincture, in camomile tea, at noon. Let your chief meal be dinner; drink no malt liquor; toast and water at dinner, some wine after dinner, or rum and water, if consistent with former habits.

C A S E X.

To Mr. JAMES RYMER.

S I R,

A LADY, who has begun to use your medicine, has for many years been afflicted with nervous complaints; and the knowledge of her symptoms might, perhaps, enable you to recommend some particular mode of taking the remedy.—Her age is thirty; she is of a very thin habit, and of a dark complexion; she sleeps but little, being much harassed by frightful dreams and the night-mare; frequently sick at rising in the morning; her appetite is good, but her digestion laborious, and her antipathies and longings for food whimsical, and at different times opposite. She suffers much from violent head-achs, alternate heat and cold, pains in the back, loins, and belly. She menstruates profusely and irregularly; and of late has had four miscarriages, at very early periods of pregnancy. She is frequently extremely costive, which indisposition she is used to correct by clysters of warm water. These symptoms are attended with a general dejection of the mental powers, and a surprising disposition

disposition to the passions of fear and shame. She suffers more in hot than in cold weather; but in all the above-mentioned points there is the most absolute uncertainty, as she sometimes appears, and declares herself, to be quite well. She never lays herself up, nor ever had any other complaint in her life. It is, however, to be observed, that she has gradually, of late years, conceived a disgust for those things, that the rest of the world agree to consider as pleasant and amusing.

As it is for the advantage of the medicine, as well as the benefit of the patient, that it should be taken in such a manner as will produce the best effects, I have no doubt you will favour me with your advice, and I shall take care to forward you an account of its operation.

A D V I C E.

Take half a drachm of bark in a glass of water, and one tea-spoonful of the Cardiac Tincture, in the morning fasting, and at noon. Keep the body very open with the following pills :

℞ Gum. Asafœtid.

Castor. Russ. Camphor.

Aloes Socot.

Sapon. Hispan. aa ʒi.

Syr. q. s. ft. Pil. No. 60.

In occasional flurry, tremor, nervous agitation, &c. take a tea-spoonful of tincture of castor and volatile tincture of valerian, in a little water, at any time.

C A S E XI.

To Mr. R Y M E R.

S I R,

YOUR favour of the 16th ult. came in due course. I immediately began, and have since then followed, the plan you recommended, as nearly as the weather and other circumstances would admit. I have taken five half-pint bottles of the Tincture; for the first week a table-spoonful at noon, and afterwards that quantity three times a-day. For the first week, one pill answered the purpose, better than two have done since. The Tincture agrees extremely well, if I except a disorder either that, or the pills, or both together, occasion in my head; something like the effect produced by intense thinking. The pills, I think, occasion a little nausea at the stomach; but they have quieted the grumbling noise in the bowels, though I am yet troubled with a good deal of wind occasionally. I should observe, that having finished five bottles of the Tincture, I have declined taking any more for these last two days, wishing to communicate to you its effects, before I take any

more. After taking it a week or so, I was very much relieved from the anxiety and oppressions at the heart, I so much complained of; but they have, in some degree, returned since I left it off. My tongue is not so dry and rough as it used to be; but it always looks white in the morning, and I can get no refreshing sleep, owing to rambling dreams. My stomach is very apt to be out of order, if I happen to eat a bit of pastry, or any thing acescent; more so, I think, than it used to be. Upon the whole, however, I am much better, and more capable of enduring fatigue than I was. If I leave off taking the pills, which I have done several times by way of trial, I get no stool the next day.

I am persuaded, that the cause of most of my complaints, especially the want of refreshing sleep, is in the stomach, owing perhaps to imperfect digestion; probably, therefore, I am wrong in something that I eat. I will trouble you with my way of living. I rise early; breakfast upon dry toast and tea, between eight and nine; about noon, I take a cup of coffee, and eat some bread with a little butter; for if I eat nothing between breakfast and dinner, I am excessive faint. At three I dine, generally off plain roast or boiled, avoiding puddings or pies,
except

except now and then. I eat potatoes, but no greens, &c. nor any fruit. I drink pure water; sometimes a glass or two of wine after dinner, and sometimes a little brandy, diluted pretty much with water. Now and then I take a cup or two of tea, and eat some dry toast at seven, or a small basin of gruel, with a little wine in it—seldom any other supper. I go to bed at ten or eleven. My appetite is always very keen, rather craving, and I generally rise from table unsatisfied.

You will be so good to excuse giving you this trouble; but as I am much better since I began with your medicine, I am in great hopes I shall keep mending by your further instructions about taking it, which you will please to favour me with as soon as you conveniently can. The only variation in my pulse, is in its being weaker or stronger. It beats about 60 in a minute; sometimes it is pretty strong and full, and at other times very small and weak.

In your Tract you recommend cold-bathing; I tried it some years ago, but it always brought on a fit of the ague. Sea-bathing makes me feverish, nor does the sea air agree with me long together.

I am, SIR,
Your very humble Servant.

As the acid of fruit is extremely grateful to my palate, would it be wrong occasionally to eat some, or should I wholly abstain from it?

A D V I C E.

Take two table-spoonfuls, at noon, in camomile tea, and the same quantity three or four hours after dinner. Eat greens well-boiled, and use pepper and mustard. Take one febrifuge pill every other night at bed-time, or seven grains of Doctor James's fever powder. Use daily exercise in the open air. Scrub the skin till it glow every morning with the flesh-brush. Keep the body open with any of the opening pills herein-mentioned.

C A S E XII.

To Mr. R Y M E R.

S I R,

HAVING lately seen your advertisements in the papers, of Medicines adapted to the cure of Nervous and Hypochondriac Disorders, or those disorders that arise either from a weak digestion, or some crudity in the stomach; and conceiving you to be a man of reputation, I am much inclined to try them; but having, like persons in my condition, tried many medicines, and feeling a propensity to change my medical men with every new opinion that I hear, you will have little security for my persevering in the use of your remedies, unless you can impress my mind with a favourable opinion of them, and of yourself. After this exordium, I scarcely need tell you, that I am at present a very odd kind of character; but I think the singularity of my disposition is the effect of my complaint, and not hereditary; and, if you can help me, I shall possess understanding enough to be sensible of it, and gratitude enough to satisfy you as a gentleman for
your

your trouble. Before I give you a detail of my symptoms, permit me to premise, that for these two years past, I have taken a variety of medicines, and am very unwilling to begin a new course; but if I can be assured that my constitution is not likely to be impaired by the attempt, I will put myself under your care, and try the effect.

It is now four or five years since I felt myself a different man to what I used to be: but, notwithstanding the unpleasantness of my sensations, I was not aware that my constitution was deranged, and, therefore, till within these two years, had no recourse to medical aid.

The symptoms I felt, till I called in the assistance of medicine, were these: indolence and inactivity, depression of spirits, great inclination to sleep, startings, petulance of temper, horrid dreams, a disinclination to society, foetid stools, and great irregularity in my body. I am in my thirty-third year: my application to books, as well as business, has been great; and, though I live in a country village, my exercise has not at any time been very considerable. I have been married eleven years, and have had a large family of children; but though my anxiety has always been great, I have never had reason to be unhappy;

happy ; on the contrary, am very happy in my family and connections. My disposition is naturally hasty and quick ; my feelings and ambition great ; and, as my prospects in life are good, I have ever been striving to avail myself of the advantages resulting from such a situation, and probably have hurt myself by too much thinking.

I have always had, and still have, a good appetite ; and though I have never drunk more than was necessary, I fear I have not been so attentive to my diet ; for generally when health favoured me, I ate of every thing at table, and a great deal of gross animal food. The air I live in is, in winter, cold and moist, and the situation being low, the damps are but too perceptible in every house in the neighbourhood.

When I first began to take medicines, my spirits were unusually depressed, my body flatulent, my stomach weak, my rest bad, and interrupted by dreams, insomuch that I have often risen in a morning more tired than when I went to rest. I often feel chills all over my frame, and a sensation, like pouring cold water, always assails me whenever any thing is said that affects my sensibility, and my limbs feel weak and languid. Besides these symptoms, I was, and still am troubled with a whizzing in my ears,

ears, particularly when alone, or when I lie down to rest. My memory is not so good as usual, though I do not forget any thing of moment, and my eyes sometimes feel dim. When I have eaten a moderate dinner, the food lays in a lump on my stomach; and, rather than feel it so, I often make myself sick, and throw it off. Sometimes at the distance of five or six hours after dinner, part of my food returns undigested, and as sour as a lemon; so much so, indeed, that it will even corrode the glass that it falls on. Every thing that I take sweet, increases this acidity; and the nauseous belchings that I am troubled with are particularly disagreeable.

I live in the continual dread of dying; am diffident of myself in every thing, but master of myself in no one thing. My extremities are often cold, and in that situation prevent my getting to sleep for several hours, nay, whole nights together. Sometimes I feel the blood circulate slowly, and at other times rapidly. My pulse is generally low till after dinner, when my countenance flushes up, and I look as if nothing ailed me, till about two hours after, when I am often (as before remarked) obliged to part with what I have eaten. In general, my countenance is tinged with yellow, and my eyes

eyes were very yellow for the first two or three years that I was indisposed ; but now are better, though languid ; and indeed all my symptoms, except the crudities in my stomach, and my digestion, are better, and my spirits tolerably good ; but unless I take a pill, or chew rhubarb, I can seldom or ever get a copious evacuation by stool, and when I do, the fæces are unlike what they should be. I am troubled with wind in my stomach and bowels, and when I turn round hastily, feel as if I should fall. I often fancy that I am dropfical, and have other extravagant and ill-founded notions. I was, at the former part of my illness, very fat and lusty, but am reduced from seventeen to about fourteen stone ; though even now I am not much too thin, if I could feel well.

With all these complaints, I go on in my business, but not with alertness or pleasure ; and if I have any thing that requires close thinking, I am obliged to give it up, as I lose one idea before, or by the time, another succeeds.

I appear still to be a man of a strong constitution, and to those who do not know that I have been ill, it is not at all times perceivable. I cannot, however, bear much fatigue, and when I have had strong exercise, it makes me

look

look as if I had lost a week's rest. It may not be foreign to my present purpose here to observe, that I have never *suffered in the wars of Venus*, nor ever took a mercurial pill, unless for my present complaint.

These, Sir, are my leading symptoms—Laughed at by the thoughtless, and pitied by fools and old women, I think it is possible to restore me to my pristine sprightliness and activity; and if you can do it, without injury to my constitution, or putting me under a long course of medicines, which I shall not have patience or leisure to take, you will essentially serve me, and for which (as I said before) you shall be satisfied.

As I am in London once or twice a-week, if I knew when you are there upon other business, I could give you the meeting.

I am, S I R,

Your most obedient humble Servant.

A D V I C E.

First take an emetic two hours before breakfast time, and work it off with camomile tea. Next day, take half a drachm of vitriolated tartar and crystals of tartar, in eight ounces of camomile tea, fasting, and at bed-time.

Two

Two hours before dinner, take one table-spoonful of Cardiac Tincture in a glass of cold water. Three hours after dinner, take two table-spoonfuls of Cardiac Tincture in a cup of camomile tea, with two tea-spoonfuls of magnesia. Take every two days, one febrifuge alterative pill, at bed-time, and next day early the draught in Case XXIII. for three successive times, when the draught is to be omitted, but the pills to be continued. Work the draught off with water-gruel or thin mutton-broth.—If the complaints in the head are not removed in a month by this plan, lose ten or twelve ounces of blood from the arm. Eat no suppers till better; use no foreign tea; use more exercise, and let not the mind be fatigued; drink plentifully of diluting liquor, as toast and water, with some wine or brandy, rum, or Rotterdam gin, mixed in small proportion, at dinner; after dinner, a few glasses of Port or Madeira. Eat no fruit, nor pastry, nor sweet things; use less bread and farinacea, and more of greens, well boiled, and other succulent vegetables.

CASE

C A S E XIII.

To Mr. JAMES RYMER.

S I R,

HAVING lately had the pleasure to read your Tract on Indigestion, &c. I am so persuaded of your medical knowledge and integrity, that I promise myself great benefit from your advice, in my particular case, which, emboldened by your generous invitation, I lay before you without further apology.

My health, in general, cannot be said to be bad; but I am apprehensive, if I do not take methods to strengthen my nervous system, it will at length become so irritable, as to subject me to great inconveniences. I have indeed already been a sufferer, having had two or three attacks of a complaint, which is called, I think, the enlargement of the spleen. These were very acute, but not lasting. When the obstruction is on the right side, that is, probably, in the liver, the pain is much less acute, but does not so soon remove. Indeed very frequently, after taking a longer walk than usual, and sometimes without any previous exercise, I
feel

feel a dull pain in the right side, between the ribs and hip-bone, in the part correspondent to the spleen on the left side; and, in such cases, my urine is always deeply tinged with bile. The bile in the urine is more copious, I think, in proportion to my having been more heated. I can, however, walk five or six miles without much fatigue, even when the pain is felt; and sometimes it is not felt at all; I scarce ever feel it on horseback. I know not whether I do right in persevering in exercise after the pain comes on.

I ought, perhaps, to tell you, that the first observation I made of this derangement of the bilious secretion, was about two years and a half ago, when, after a long and fatiguing walk, in a hot day, my urine was as high-coloured as red-port, and there was a copious brown sediment, which I suppose was bile. It was some time after this, that I had the first attack of an obstruction in the spleen, and I do not think that all has been quite right ever since. I am about thirty years of age, unmarried; my appetite is good, and I scarce perceive any signs of indigestion (though, doubtless, my digestion is not perfectly good), except flatulent rumblings in the intestines. About two years ago, indeed, I was for a con-

G

siderable

siderable time troubled with a pain in the right side, about the region of the stomach, and this might, perhaps, be occasioned by indigestion ; but I thought, from the sensation, that it was some obstruction in the circulation ; however, it went entirely away.

I should also mention to you, that *emissiones feminis inter quietem* have always occurred too frequently with me, perhaps about once a week on an average ; this is almost sure to happen when my nerves are agitated more than usual during the day, and especially if my studies are continued far into the night. Whether this is the *cause* or the *effect* of the weakness of my nerves I cannot say ; but I suppose my nerves were originally weak, and I certainly have a natural tendency to thoughtfulness, if not to melancholy.

Such, Sir, being my case, I have to ask of you, whether it is adviseable for me to take your medicines ; and if so, in what quantity, mode, &c. ? Whether, in the summer months, cold bathing would be beneficial ?—By the bye, I frequently did bathe last summer, both in the salt and fresh-water river ; but was sensible of neither good nor harm from it. Perhaps the *sea-bath* would be better than the *river*. Lastly, whether I ought to take a great deal of exercise,

ercise, and whether I should persevere in spite of the pain being felt?

If you will take the trouble of answering these questions, and of giving me any further directions that may occur to you, respecting diet, &c. I shall consider myself as under a particular obligation to you.

I am, SIR,

Your most obedient Servant.

If it is necessary for me to take any of the Pills, I will direct a person to call for a parcel. Sometimes, but not often, I feel the sensation of obstruction in the abdomen, about and below the region of the navel; probably this also is obstruction of bile in the liver, or there may be some obstruction in the mesenteric veins.

I forgot to say, that I am of too thin a habit of body.

A D V I C E.

If the weather permit, use moderate exercise daily; use the flesh-brush effectually every morning; relaxation in study; by no means to study after supper. Even close application of the mind to objects of refinement, minutiae,

after dinner, is always injurious to health; it wastes the spirits, and interrupts the operations of the vis conservatrix naturæ. Spleen and liver not diseased, nor any of the viscera. But there is occasionally, from deep study and the consequent inactive, motionless state of the body, congestion, turgescence, in each viscus. A moderate ride daily will do much good. As to medicine, much is not wanted. Being too thin, your fibres are consequently rigid; wherefore bracing medicines will not be so proper; besides, you are young, and disposed to plethora. Competent meals, with a due quantity of proper drink, such as agrees best, does not heat nor oppress, must be observed. Light suppers.

For the flatulent rumblings, one table-spoonful of the Cardiac Tincture may be taken in a glass of water, once or twice in the day. The body must be kept regular. If costive, take an opening pill, or, in the morning fasting, half an ounce of Glauber's salts, in half a pint of tepid water, now and then.

The appearance of the urine in such circumstances as you mention, is a common thing, and not alarming. If at any time your pain in the region of the liver, or spleen, be uncommonly severe, one of the pills you allude to

may be taken, at bed-time, once in a week or so. You possess good health. Your occasional complaints arise entirely from your manner of life. More exercise, less study, &c. with the use of cold-bathing, will do great good.

C A S E XIV.

To Mr. JAMES RYMER.

S I R,

I N consequence of my observing your offer to communicate your advice to any one who is afflicted with any of the disorders for which you recommend your Cardiac Tincture, I have troubled you with this.

I am subject to a complaint, which you will probably think may be in some measure removed by a proper use of your Tincture, and other necessary rules, in which I beg the favour of your advice.—In describing my complaint to you, I will be as particular and as short as possible.—It may be necessary for you to know, I am no more than twenty-six years of age; and till I was twenty, was free from any complaint (though of a constitution not the strongest), about which time I went from the country to London; my situation there was clerk in a mercantile house, where the fatigue and confinement, together with being dissatisfied with and unhappy in my situation, in the course of twelve months, very much injured my health and spirits,

spirits, and at last threw me into an intermitting fever, which confined me for six weeks. Soon after I recovered from that, I caught a violent cold, which terminated in a very painful disorder, termed the rheumatic gout; from that I did not recover for several months—my usual strength and spirits I have never perfectly recovered. For some months after my violent illness, my stomach was so very weak and disordered by wind, indigestion, and acidities, that I brought up my victuals several hours after it was swallowed, with wind, without any sickness. I applied to several gentlemen of the faculty, all of whom, I am convinced, mistook my disorder, and, by their treatment, I received harm instead of service. I, therefore, resolved to trust to time for a recovery; and have, for these three years, left off medicine, except some simple opening things when I find my body costive; and have gradually attained a tolerable share of health and spirits. I can eat and drink any thing with a good appetite, except acids; and I also sleep well; but I am constantly troubled with wind and flatulencies in my stomach and bowels (but not attended with any pain), especially for two or three hours after dinner, attended with dejection and lassitude, very distressing. At times, I am

apparently as well, and as active in body and spirits, as any one. It may be proper to say, that no dissatisfaction or mental disorder now afflicts me. I have several times set off ill on a journey, and have rode thirty or forty miles a-day on horseback, and been much the better for my journey : at other times, any little fatigue has made me ill for several days. If I may guess that my disorder is fixed in any particular place, it seems to be at the pit of my stomach : I do not mean that I have any pain there, but only a weakness. I am never sick at stomach. But perhaps it is more probable, that some necessary natural functions in my stomach are either destroyed, or so much weakened by long illness, that I have no hope of amendment. I have taken two small bottles of your Tincture, which seemed to strengthen my stomach ; and I will thank you to send as much Tincture, in one bottle, as amounts to a guinea, marked Mr. ——— ; and I will desire a friend to call for it, and pay for it ; and be so kind as to inclose your letter of advice, and let the box or package be sealed up fit for carriage.

I cannot accuse myself with any irregularities that have probably injured my constitution, though I have indulged myself in pleasures of
most

most kinds; have sometimes (though not often) drunk too much; yet, I presume, not to have caused the disorder I experience. From reading your Tract, I have no doubt but you perfectly understand the disorders for which you prescribe—disorders which very few can have an idea of, but those that have unhappily experienced them. Therefore I have the more confidence in your method of cure; and should I be so happy as to be relieved by your advice and medicine (and, as I have youth on my side, I do not despair), you will have my grateful acknowledgments. I remain, till I hear from you,

S I R,

Your most obedient Servant.

I am afraid, in this hasty sketch, I have not been as intelligible as I ought; and if there are any other particulars you would wish me to mention, please to let me know. I think proper to inform you, I do not think my disorder has any thing of the bilious kind in it.

A D V I C E.

Take one table-spoonful of the Cardiac Tincture, in a cup of strong camomile tea,
at

at noon, and about three hours after dinner. To the last dose add half a tea-spoonful of spirit. ammon. composit. Use the flesh-brush in the morning, and take due exercise. Once or twice in the week, at bed-time, take a febrifuge pill.

I am very glad to hear from you and hope you are well. I have been thinking of you very much lately. I hope you are happy and healthy. I am well at present. I hope you are the same. I am very glad to hear from you and hope you are well. I have been thinking of you very much lately. I hope you are happy and healthy. I am well at present. I hope you are the same.

I am sure that you will find me
 as ever your obedient servant
 Wm Lloyd Garrison

ADVICE

Tincture in a cup of strong camomile tea.

72 CASE

C A S E XV.

To Mr. R Y M E R.

S I R,

WHEN I saw you on Sunday last at Reigate (the White-Hart) I applied to you for a five shilling bottle of your Cardiac Tincture, after having acquainted you of a great part of my complaint, and asked your opinion concerning my taking it, as I was ordered to Brighton to bathe in the *hot sea-water bath*. As you advised me to take it the very next morning, I began with two tea-spoonfuls before breakfast, and two before dinner; in the evening went to the bath. Tuesday took the Tincture as before, and repeated the bath at night. Wednesday, the Tincture, morning, noon, and at night; but no bath. The person who attended me, told me, that he had no doubt but that I should find relief by the time I had been in four times: at present, I cannot say that I have, for yesterday my pains were so acute, that I could scarce sit in the chair, and was obliged to go earlier to bed than usual, where, in a little time, I found relief, which continued,

nued, as usual, till the time I arose, when violent pains in the calf of my leg, thigh, and ancles, commenced, so that I walk with pain and difficulty.

My physician advised me to Bath; my apothecary to Brighton. The latter I complied with, being apprehensive that my lameness, which began about eight months ago, might be owing to the very great walks my business obliged me to undertake at my time of life (being nearer seventy than sixty); therefore was in hopes that sea-water would best suit or agree with my complaint. I purpose, therefore, to bathe twice more, and if I find no ease, to follow my physician's advice, *i. e.* to go to Bath. I have hitherto lived a regular life, and have worked hard. I have always been subject to the bile, which has occasioned fevers, &c. but always found relief on taking seven grains of Dr. James's powders. In the last eight months I have twice or thrice been tormented with the bile; but now seem entirely free from it. My appetite is moderate; seldom or ever eat scarce any thing for supper, excepting a bun, a bit of bread, and drinking three or four glasses of red port afterwards; go to bed and rise early.

Five or six years ago, I was seized several times with a giddiness in my head, which, although it did not deprive me of my reason, yet rendered me incapable of moving from one chair to another, though close together, until evacuations of both kinds, in plenty, recovered me, for which Dr. ~~_____~~ attended me for a considerable time; but at last they returned so often, that my apothecary advised me to apply to Dr. _____. I shewed him what _____ had wrote for me; when he ordered me to take half an ounce of camomile flowers, infuse them with boiling water a quarter of an hour, but no longer; when strained, to add half a drachm of sal polychrest and a scruple of cream of tartar. One half to be taken going to bed, the other in the morning, which he desired might be continued. I took it constantly for more than a year, twice a day, but from that time to this have never had any return of that complaint, so that, excepting the above, few have enjoyed a greater share of health. All my complaint, at present, is from my waistband downwards, but chiefly from the great muscles and my ancle; my feet very tender; sometimes a pain in my toes and thumbs; and generally such excruciating pains ascend through my fundament, in an afternoon, that will not permit
me

me to sit in a chair, and compel me to bed, where I generally find relief.

I have taken the liberty to trouble you with this tiresome epistle, in order that I may be favoured with your advice. If you wish to send me any thing, direct it for me to be left at the Castle at Brighton; and whatever it amounts to, if you will let me know when I return to Reigate, I will with pleasure pay; or, should I go to Bath, will send it by the stage; but that depends chiefly on the success I meet with here, and your advice.

I am, S I R,

Your humble Servant.

P. S. Until the beginning of my above complaint, I once a day scarce ever failed to take what Dr. ——— ordered.

A D V I C E.

Use the flesh-brush from the hip downwards to the toes; then bathe the limb with opodeldoc, or camphorated spirit of wine, or spirit of turpentine, or oil and hartshorn, or tincture of cantharides, twice or three times in the day. Take from forty drops to a tea-spoonful of balsam of Gilead, or Capivi, or of Canada, in
some

some honey, or jelly, or sugar, once or twice in the day. Also try one tea-spoonful or more of tincture of guaiacum, in water or wine, with or without from five to twenty drops of tincture of opium, at bed-time. Keep the body open with opening pills. If the stomach is out of order, take Cardiac Tincture. Every other night, at bed-time, take one febrifuge pill, drinking after it a basin of white wine whey. One table-spoonful of the Tincture will not be too much at a time.

C A S E XVI.

To Mr. R Y M E R.

S I R,

HAVING read your Tract upon Indigestion and the Hypochondriac Disease, I am led to think that it is my misfortune to labour under the above complaints, and a great weakness in my nerves, for more than six years past. I have had the advice of two physicians, but found very little benefit, being told that no medicine would be of any service to me, but riding on horseback and taking exercise. I have not taken any thing for more than five years for the above complaint. I am so far recovered, as to do my business, though with much difficulty at times. I have nothing to depend on but my labour; and I have a wife and a large family of small children to provide for. I have been told by Dr. — that my complaint is a humour in the blood; but I think his opinion not right, for no man could wish for a better state of health until I was 35 years of age. There is hardly a symptom but what I have felt which is mentioned in your Tract; but I have got the better of them for years past. The chief of my sufferings

sufferings now is wind in my stomach and bowels; particularly so after eating. My mind is often wonderfully affected, which makes me quite peevish and touchy at mere trifles. According as you say in your Tract, I have often been bereft of hope for my cure. I differ from one thing mentioned in your Tract, which is a dislike to society; in reverse of that, I am fond of company. Sometimes I am much better than at others; feel little or nothing of my complaint for months together. I always have an anxiety and tremor upon me, and debility, and sometimes a faintness and sinkings, with low spirits. All these complaints are nothing, when compared to the disorder in the mind.

I can give no reason why my mind is thus disordered, except from the disorder. I think it proper to inform you, in what state of health I was in before I was seized with this complaint. I could always take my rest; nothing could much affect me. What brought the complaint upon me, I cannot say; for I now, when at the best, can sleep five or six hours together, although carriages are going past my house the chief of the night. One particular thing mentioned in your tract, which is, the cure depends much upon the conduct of the patient,

as well as upon the skill of the physician: that I know by experience. Yet I have always lived a regular life. I have had, for this month past, a violent relapse of my disorder, which caused me to buy your Tract, and peruse it over; and find by that you are certainly well acquainted with my complaint. My mind has not been so disordered for five years past, as within this month; I think owing to a cold which settled in my stomach.

Sir, if you think there is any remedy for my disorder, should be happy to make trial of it, as having taken one bottle of your Tincture, and have the second from _____ in this town; but if you think there is no remedy for me, should be obliged to you to inform me. I take your Tincture just as it is, half a table-spoonful in the morning, and the same an hour before dinner. Happy should I be to have it in my power to inform you of my receiving relief, for I have been striving against the stream for these six years past. Mr. _____ has always told me that I should get quite well of my complaint; but I do not as yet find it so. Whatever expence attends your advice, I will remit by _____ who knows me very well.

I am, S I R,

Your humble Servant.

A D V I C E.

Take one table-spoonful of Cardiac Tincture, in a cup of strong rue tea, with two drachms of soluble tartar, fasting ; and one table-spoonful, in a cup of camomile tea, at noon. Three hours after dinner, take one tea-spoonful of C. T. and the same quantity of spirit. ammon. composit. in a cup of camomile tea. At bed-time, take one tea-spoonful of tincture of asafoetida, one tea-spoonful of antimonial wine, and from ten to twenty drops of the tincture of opium, and one febrifuge pill. Take opening pills occasionally.

C A S E XVII.

To Mr. R T M E R.

S I R,

AS your Tract on Indigestion requires a statement of the case, previous to the use of the medicines you recommend, I beg leave to state to you my case, which is as follows :

I am a person about forty years of age ; thin habit of body ; by trade a tallow-chandler ; for some years past have laboured under great pain and uneasy sense of fulness in the belly, palpitation of the heart, hurry on the spirits, and frequently with shocks in the breast as if I had been electrified, particularly upon change of weather ; universal languor, peevishness, want of sleep ; which last especially, I can seldom get, and whenever I do, it is unrefreshing. I have great desire for sleep, but rarely procure it ; the want of which almost unfits me for business. My urine, at times, pale, and comes frequently ; at other times, the colour of brandy, and appears like disturbed thick beer. To sum up all ; a general debility throughout. My countenance appears healthful, pulse regular ;

lar; yet my tongue is frequently white, and carries an appearance of fever. I have been thus particular in stating my case, as the omission of any part might probably mislead in your opinion thereon.

I am, Sir, with respect,

Your obedient Servant.

A D V I C E.

Take a febrifuge pill, at bed-time, every other night. Every other morning take half an ounce of Glauber's salt in half a pint of camomile tea. Two hours before dinner take two tea-spoonfuls of Cardiac Tincture in a glass of cold water, and again any time after dinner, if there be an uneasy sense of fulness. If, notwithstanding this plan, you be still restless, take after the pill at bed-time the following draught :

R Succ. Limon. \mathfrak{z} i.

Kali ppt. \mathfrak{z} ij.

Vin. Antimon. Tartar. gutt. xx.

Tinct. Opii gutt. xv. vel. xx.

Aq. Commun. \mathfrak{z} i.

M. ft. haust. hora somn. sumend.

H 3

And

And for the shocks in the breast, upon change
of weather, take the following :

R Tinct. Asafoetid.

Valer. Volatil.

Castor. Ruff. ā. ā. 3fs.

Aq. Commun. 3ij.

M. ft. haust.

C A S E XVIII.

To Mr. JAMES RYMER.

S I R,

Antigua, July 27, 1786.

YOUR excellent little Treatise on the Gout and Indigestion I have perused, and it has induced me to trouble you with this letter, giving you some account of my case, and wishing you to send the remedies proposed.

For a long time I have been troubled with the gout, and had several severe fits of it, both in England and America. Being ordered on duty to the West-Indies, I had flattered myself the warmth of it would have relieved my disorder; but much fatigue, and the excessive perspiration we daily undergo, has brought on much debility, and especially in the organs of digestion. In short, much phlegm falling continually on the stomach, agitated it much every morning, and I suppose was the first cause of that indigestion I now labour under. A great quantity seemed to continually arise from the region of the stomach, of a hot kind of wind, which at last descended to the bowels with much pain, and great heat of the parts, that I

was often doubtful if an inflammation was not begun; however, on the least eructation, I gained immediate ease, though it is sure always to return again. You may be sure my appetite must be very indifferent during this business, and every method of bark, steel, and other medicines have been ineffectual. I, therefore, seeing your last advertisement of the Cardiac Tincture, concluded upon desiring you, without loss of time, to send me one dozen bottles of your Tincture, and one pint of that for the Gout, payment for which you will receive on applying to Mr. ; and if you have published any other treatises on the subject, you will be pleased to pack them up with the rest. I find you recommend a Pill to be taken with your Tincture; I shall, therefore, be obliged to you to procure me q. s. of those ingredients, and send also, and any thoughts or advice on the subject of my disease, and its treatment in this climate. I shall thankfully repay you, being, Sir, with much respect,

Your very humble Servant,

A D V I C E.

Take one table-spoonful of Cardiac Tincture in a cup of strong camomile tea, with
one

one tea-spoonful of magnesia, fasting, at noon, three hours after dinner, and at bed-time. If by this method the body is kept too lax, omit the magnesia, and add, in its place, one tea-spoonful of spirit, ammon. composit. On the contrary, if costive, keep the body open with opening pills, or by one febrifuge pill, and a saline draught at bed-time. When the stomach seems loaded with phlegm, take an ounce of ipecacuanha or antimonial wine, and work off this emetic draught with camomile tea,

C A S E XIX.

To Mr. R Y M E R.

S I R,

HAVING taken five of the pills you was so good as to send up for me, I beg leave to trouble you for another box of them, having found great benefit from them and the Cardiac Tincture. The three first pills I took only procured me three or four stools in the day each, without sickness; but the fourth operated differently, for in the morning before rising it brought on a retching, and tough darkish-coloured phlegm came off my stomach, and I had several stools in the course of the day; and the day after I felt great pain in the ball of my toe, which proved to be a pretty smart touch of the gout, that confined me five or six days. I still feel something of it. Permit me, Sir, to request you will inform me, whether I should continue the Pills and Tincture while the gout is on me; for during the fit my appetite is amazingly altered for the better. Begging
pardon

pardon for giving you so much trouble, I remain,

S I R,

Your most obliged humble Servant.

P. S. I have taken five or six of the half-guinea bottles of the Tincture, and have always taken it by itself.

A D V I C E.

Neither tincture nor pills to be taken during the fit of the gout; but keep the body open with opening pills, if one febrifuge pill, taken at bed-time, does not answer that end.

CASE

C A S E XX.

To Mr. JAMES RYMER.

S I R,

IT is so long since I applied to you, that I fear you may have forgot both me and my case, which I stated to you, and requested your advice upon, as I much wished to try the effects of your Tincture in my disorder, which was generally thought to be bilious; but, unfortunately for me, has always been found very difficult to treat, by reason of the complication of other complaints with which I am afflicted.

From various untoward circumstances, I was prevented from entering upon the regimen you prescribed, until the middle of August last, at which period the scorbutic disorder in my legs had much abated, and the swellings of my knees and ancles a good deal subsided, but a great weakness still continued. I took a detergent alterative pill one night going to bed, and found very little operation from it, until the following night, when, after having been an hour in bed, I was waked with a violent sickness and oppression in my stomach and bowels, which

which was immediately succeeded by vomiting, when I threw up a great quantity of bile, evidently the effect of the pill, which I plainly tasted. The vomiting was succeeded by a purging, and I was afterwards pretty easy within, but a disagreeable, hot, tingling in my legs prevented me from resting. In the morning I found that my legs were entirely covered from the knees to the toes with small white pimples, which had the appearance of whitloes. I covered the whole with rags, on which was spread the common white cerate or spermaceti ointment. These pimples became very sore; all of them discharged matter. The skin of the legs then seemed to be congealed, and bore the appearance of a honeycomb, and the ancles and knees were in particular very much swelled. In this state I suffered very much indeed; the parts so excessively tender, that I could not bear the weight of the sheet, and roared out with pain on every motion of the body. As I believed this eruption was thrown out by the pill, I continued to take one every other night, till the six were used. The surgeon who attended me, changed the application to the common wax ointment. The discharge was copious; at first quite thin and watery, but soon changed to thick glutinous matter,

ter, and in such great quantity, that he obliged me to drink wine (from which I had abstained) to enable me to support it. When I had finished one box of the detergent pills, I rested a week, and then began a second course of them, and took one box and a half, *viz.* nine pills, at like intervals. I continued in the disagreeable state before described, without any very great amendment, nearly six weeks; with difficulty being moved from my bed to have it made. I did not venture to take the Tincture, but continued the decoction of the bark, and the vegetable syrup. When I first ventured to sit up, the thin watery discharge from the feet and ancles came on again in a violent degree; it lasted about a week, gradually lessened, and now I am sensible of very little moisture in the parts. The ancles are very much reduced, but they and the knees still continue very stiff and weak, and at times I experience shooting pains in them. Since I left off the regular course of the pills, now about a fortnight, I have had very frequent and some very violent attacks of the bile; at times vomitings and pains in my limbs, stomach and bowels; habitually exceeding costive; have always been accustomed to take opening medicines, but at present am so weakened, that I cannot support their operation.

tion. The cold weather does always very disagreeably affect me—every symptom of the bile at such times is increased, especially in my bowels, where I experience an uneasy fulness, with a constant griping pain, a collection of wind, an inclination of going to stool, without the power of doing so, an irritation to make urine frequently, which comes away with pain and difficulty. Having suffered much for this week past, and experienced every symptom of an accumulation of bile, I took one of the detergent pills the night before last, which operated purgatively yesterday, and though not violent, weakened me, and did not remove the symptoms. I purpose to take another this night going to bed.

I have now related the state of my case as circumstantially as I can convey it. I am brought very low, vastly reduced in flesh, but my appetite (never very great) has continued, during my confinement, beyond my expectation, and in general better than formerly.

I commonly breakfast on tea as soon as I rise, at nine o'clock; about two, I take some gruel or sago, and a little broth before dinner. I dine about four, when I eat very little animal food; potatoes almost constantly. As I am particularly fond of malt liquor, especially
what

what is called table-beer, and the faculty in general had always allowed it, I was sorry to find you did not very well approve of it; however, as it is very little I drink, I have substituted porter, though I can very ill relish it. One glass at dinner of red port, and two, at most three, after dinner, finishes my meal, which generally lies a great while in the stomach before it digests. I drink one cup of tea about seven; eat no supper at all, and go to bed at nine. I rise again about twelve, for about an hour, for the purpose of emptying the bladder, as I always make urine with great difficulty. Before I return to bed, I take my night pills, in a glass of wine and water or a dish of tea. From the urinary complaint I labour under, which I am obliged to pay constant attention to, I am sensible that strong liquors are detrimental, and I experience great relief from tea. While my legs continued in an inflammatory state, I was fearful of taking the Tincture, but, that being removed, hope I may now try it.

You will please, Sir, to take into your consideration what I have now wrote, and, as soon as you conveniently can, favour me by the post with your full instructions, which will very much oblige

Your most obedient,
humble Servant.

A D V I C E.

When one quart of decoction of the woods, poured boiling hot upon one or two ounces of brimstone, has stood twelve hours, pour it off, and drink it all in the course of the day, by a quarter or half a pint at a time. Take one-fourth of a grain of tart. emet. dissolved in two ounces of white wine, or twenty or thirty drops of antimonial wine, every night at bed-time, adding to each draught from five to ten drops of tinct. opii. Two hours before dinner, take three tea-spoonfuls of Cardiac Tincture, in a draught of the decoction, and the same three hours after dinner. At meals drink table-beer, wine and water, or weak rum and water, or spruce beer well saturated with fixed air. At any time of the twenty-four hours, take, in honey or jelly, or yelk of an egg, half a tea-spoonful or more of balsam of capivi or Venice turpentine.

Friction of the flesh-brush.

If costive, while so weak, take a spoonful of castor oil, and half a spoonful of tincture of fenna, or rhubarb, in a cup of camomile tea, shaken together, occasionally; or throw up a glyster, composed of half a pint of chicken

or mutton broth, or warm water, or camomile tea, with two ounces of olive oil, and one ounce, or less, of Glauber's or Epsom salts.

Keep the body well clothed, and a flannel waistcoat next the skin, constantly shifting it when moist, or otherwise twice in the week.

In similar cases, instead of the decoction of the woods, lime-water has been of great service: and, for the difficulty of making water, from forty drops to a tea-spoonful of Canadian balsam, taken twice or three times in the day, upon honey or sugar, or any jelly; or smoothly incorporated in a mortar with the yelk of an egg and a lump of sugar, to be taken thus as a linctus, or made into a draught by adding, by degrees, a cupful of new milk or plain water.

C A S E XXI.

To Mr. R Y M E R.

S I R,

MY wife, Mrs. ———, and self, having bought your Pamphlet, and some of your Cardiac Tincture, find, upon attentively perusing the former, and upon a due consideration of Mrs. ———'s complaints, that it is absolutely necessary to give you a previous statement of the disorder she has laboured under for three or four years past, and to submit it to your established judgment and attention, before she ventured upon making the trial. In the course of the above three or four years, she has had the advice of many of the most eminent of the faculty, without any permanent benefit. She is just now turned of fifty; has had twelve children, many of whom proved sickly, and many of whom she also had the misfortune of losing, by which events she hath suffered great afflictions, and to such a degree, as must inevitably contribute to impair her health and shatter her whole habit. She has had no changes since last March was twelve months.

She was seized with frequent spasms in her stomach about four years ago, for which the faculty prescribed emetics and other medicines, which proved a temporary relief, yet by no means removed the cause, the effects still remaining in various forms ; but, in August last, was again suddenly attacked by a spasm in her stomach, which so agitated and convulsed her, that the physicians dreaded the consequences ; yet, after she had a little rest, she brought up the next morning a large quantity of concremented bile, which the emetic she took the day before (though it operated apparently well) did not in the least move ; but upon discharging this bile, she grew better, which makes me conclude and submit, that this is the latent cause. She is likewise troubled with a great quantity of wind in her stomach ; her legs and ancles swell at times, as does her stomach when affected by this wind. She alternately complains of a salt and sour taste in her mouth, which continues for many days. Sometimes affected with a giddiness and a weight over her eyes, that renders her incapable of reading, writing, or working. Emetics heretofore relieved her, but do not now appear either to reach or remove the cause, which when they then did, administered temporary relief ; but the accumulation of fresh matter

matter was so sudden, that the effects soon again returned. Perhaps she continued tolerable for seven or eight days, or for a fortnight at the longest. She has taken large doses of James's powders, which sometimes brought up bile, and at other times had no effect. She takes great care to keep her body open, either by senna tea, rhubarb, or magnesia; her appetite is bad; her sleep restless and unrefreshing. She takes very little exercise, and is frequently troubled with a lassitude. She has been at all times extremely moderate in eating and drinking; seldom or ever exceeded three glasses of wine at dinners; and suppers she never eats, excepting now and then a new-laid egg. Wine she has omitted entirely for some months, thinking it had turned sour upon her stomach, and in its stead substituted a spoonful of brandy in half a pint of toast and water for her beverage; and, concluding that the brandy heated her, she has likewise left that off, and now drinks toast and water only, having never drank malt liquor.

I need not describe to you the variety of other effects which generally discover themselves; but must beg leave to observe, that her stools are generally very slimy and foetid, somewhat resembling those in wormy complaints.

plaints. The generality of the faculty say that this case is bilious, and do not think it improbable that there may be something of gout likewise in her habit, as she at times perceived some degree of momentary pain and heat in the great toe. I state the affair to you, Sir, in as particular a manner as I possibly can, and hope you will turn it in your thoughts, and send whatever medicine you may please to prescribe for a complaint under the foregoing description, as likewise your opinion of it, to Mr. —'s, in the directed for and you may depend upon gaining the utmost credit within our reach, should Mrs. — receive the much-desired benefit, which our hopes, your own character, and the recommendation we had of you, encourages us to expect.

I am, S I R,

Your most obedient

humble Servant,

A D V I C E.

Take one tea-spoonful or more of the Cardiac Tincture, two hours before and three after dinner, by itself, or upon a lump of sugar, or

in cold water. Keep the body lax with the nervous opening pills, taken at bed-time. And at any time in weight and giddiness, lassitude and lowness, take a tea-spoonful of the Tincture, with half a tea-spoonful of tinct. valer. vol. & castor, in a glass of water. Some wine after dinner; at the meal, wine and water. With respect to exercise, &c. to conform to former habits, now more moderately, and so as not to induce fatigue.—Eggs being wholly convertible into nutriment, yielding no fæces, fill the system in the present case too much. Water gruel will be a better supper. At bed-time, once or twice in the week, take one febrifuge pill, and drink after it a basin of wine whey.

C A S E XXII.

To Mr. R Y M E R.

S I R,

FROM a very particular recommendation by a gentleman, with whom I dined at 'Change, on complaining of some very excruciating pains in my limbs, head, and stomach, and, in short, all over me from head to foot—I beg leave to apply to you for your advice. In the opinion of our gentlemen of the faculty, it is the atonic wind gout—Have been afflicted about twenty years; can but only crawl, almost useless to myself, in pain night and day. The gentleman before-mentioned said many respectful things on a medicine of yours, called a Tincture for the Wind Gout. I cannot describe my complaint clearly by this scroll, and I hope I need not attempt to multiply the matter. If you'll favour me with the needful, and if I find relief, or not, you will lay a poor old man, of sixty years, under the most indispensable obligations, who will most gratefully pay for the same, and shall pray to acknowledge myself

Your most obliged

humble Servant.

It

It originated in the year 1751, with violent pains in my loins, back and hips; and Dr. —'s opinion was, the wind from head to foot; never fixed in the feet. And this imperfect writing I hope you will excuse, and impute it to the complaint in my poor hands.

A D V I C E.

Take half a table-spoonful of Cardiac Tincture, upon a lump of sugar, some time before dinner. Four or five hours after dinner, take the following powder in a half-pint goblet of Rotterdam gin and water, not strong. Take half a drachm of powdered ginger and flower of mustard, and five grains of camphor, which you must break down and dissolve in the empty goblet, by dropping upon it a few drops of rectified spirit of wine; then add the ginger and mustard, and mix the whole in gin and water. At bed-time take another powder in the same kind of drink. Keep the body open with opening pills. Use the flesh-brush, and walk as much as you can.

CASE

C A S E XXIII.

To Mr. R Y M E R.

S I R,

I Should be glad you would send me two or three boxes of your Pills, and the same of your Cardiac Tincture, to make a trial of, on a patient of mine, about thirty years of age, very temperate, and of a good habit of body, who labours under a train of nervous symptoms from an ill-cured gonorrhœa, of eleven years standing. His present symptoms are, great lassitude and debility, with acute wandering pains over the whole frame; soreness of the flesh; troubled very much with flatus and pinching in the bowels; extreme pains in his head; prodigious sinkings in his stomach, as if he had no inside; flying pains in his sides and breasts, extending themselves to the axilla and through to the scapulæ. These happen during the day; he has no nocturnal pains; his nights are always good, and his sleep undisturbed; his appetite very good, no thirst or feverish indisposition, and inclined to corpulency. I should have told you, that he labours under great dejection of spirits and anxiety, with a continual
roaring

roaring noise in his head, and pressure on the brain; that he is sufficiently open in body, and no defect in the urinary passages. Should be glad you would send them immediately on the receipt of this, with full directions, and you'll oblige,

S I R,

Your very humble Servant;

A D V I C E.

Take two drachms of soluble tartar, and half a drachm of vitriolated tartar, and dissolve them in six or eight ounces of strong camomile tea. Take this draught every morning fasting for a due time. Take half a table-spoonful of Cardiac Tincture daily, two hours before dinner, upon sugar or in camomile tea. In the sinkings take one or two tea-spoonfuls, upon a lump of sugar or in water, adding forty or sixty drops of spirits of hartshorn or spt. ammon. comp. Take one febrifuge pill at bed-time, three times in the week, drinking after each a basin of white wine whey.

CASE

C A S E XXIV.

To Mr. JAMES RYMER.

S I R,

HAVING purchased your tract treating of the Hypochondriac Disease, &c. (which I am so unhappy as to labour under) and finding it contain some rational and salutary advice, accompanied with the recommendation of a Tincture, prepared by you, for those complaints, I wished to give it a trial, and accordingly bought a bottle of Messrs. Armitage and Roper, from which I thought I received benefit; but having expended much in advice and physic, at that time I was obliged to discontinue it. Having recovered myself a little (as to money), should like to persevere in it, if by me attainable; and as your Tract presents one instance of your bestowing it gratis, I have taken the liberty to ask if (in consideration of my circumstances) you could supply me somewhat easier than the advertised price, and what I must give you for a pint, to be paid for on delivery.

Your

Your answer by return of post will much oblige

Your obedient humble Servant.

Please to say if you can send the medicine to any place in London for me, and if the cold-bath may be used with it.

C A S E XXV.

To Mr. JAMES RYMER.

S I R,

SOMETIME ago I purchased of you a pint of Cardiac Tincture, from which (with observing the rules laid down in the Tract), I trust, I have found great benefit; but being only a servant, prevents me adhering to your advice so far as I could wish, which, from experience, I find to be essential to my happiness.

The design of this is to request your advice, after I have laid before you my case, &c. &c. for I have and will observe, as much as in my power, the directions you may give. I am thirty years of age, twelve or fourteen of which I have been more or less indisposed; at twenty my complaint was termed by the faculty a hypochondriac, nervous, and melancholy case, attended with a low inward fever (which, I judge, originated from a weak state of the nerves). From them I received some temporary relief only. In the years 1784 and 1785, I used cold-bathing, restorative medicines, &c. as often as nature and my pocket would permit, with some help and comfort, for my complaint

plaint was more felt in mind than body. In the summer, 1786, I was two months at Ramsgate, with no small benefit, but found nature weak. Since, I have taken upwards of a pint of your Tincture with more advantage than any means before used. I think I began with it last July; and, for the first fortnight, I enjoyed that pleasing state of mind and body I long have been a stranger to, which afforded me no small happiness, hoping it would prove permanent. But, whether from weakness, or nature being overpowered, or what other cause I know not, I found it diminish. I have discontinued the medicine these three months; but, since I have recurred to it, can say with pleasure, that I have for some weeks past (unless casually prevented) experienced a return of that tranquil frame, I judge, produced by your salutary medicine. This I would observe to you, that I am no stranger to the symptoms of dyspepsia, mentioned in the Tract (save those of frequent inclination to retch, nausea, spitting, &c.) and since the taking of your medicine have, at times (especially after drinking any thing a little strong, stale, &c.) felt an internal pain or soreness down my left side, even half down my thigh. I hope from this you will form some judgment of my state, and should like

like to know if you wish me to resume taking the medicine, and if you can, by any additional means, facilitate a cure; and, if I remit the money by the coach, as before, you will return the medicine, for I must (being poor) endeavour to procure it as easy as in my power, which hope you will consider, and favour me with a line, which will greatly oblige

Your obedient Servant.

A D V I C E.

Take half a table-spoonful of the Tincture, in camomile tea, fasting, at noon, and three hours after dinner. Take one febrifuge pill at bed-time, twice in the week. Keep the body open with the nervous opening pills.

CASE]

C A S E XXVI.

To Mr. R Y M E R.

S I R,

HAVING been for some time troubled with a complaint of the nervous and bilious kind, should be much obliged to you if you would inform me, whether taking your Tincture would relieve me. My symptoms are, a disagreeable taste in my mouth, with sickness, and sometimes gripings in the bowels; a hissing noise with a giddiness in my head, and a deafness in one of my ears, and occasionally very low spirited. I have likewise just recovered from a fit of the gout, which I was in hopes would have helped my other complaints; which however not being the case, must trouble you to give me your opinion upon the foregoing, and am,

S I R,

Your most humble Servant.

A D V I C E.

If these complaints occur when the habit is free from the gout, first take an antimonial

K

emetic,

emetic, or one of ipecacuanha wine, and work it off with camomile tea. Next day take one table-spoonful of Cardiac Tincture, in camomile tea, fasting, and at noon. Keep the body open with opening pills. Use the flesh-brush, and daily moderate exercise. Take once in the week, at bed-time, one febrifuge pill. When the hissing, giddiness, and deafness are severe, take once or twice in the day, at any time, one tea-spoonful of tincture of valerian, of castor, and of asafœtida, in a glass of water.

C A S E XXVII.

To Mr. R Y M E R.

S I R,

HAVING read your little Book upon Indigestion, and having your permission to write, has induced me to state my case as near as I can. I am very much oppressed with wind, after my dinner, at the pit of my stomach, attended at times with pains at my stomach, back, between my shoulders and chest, but not very violent. Likewise my head, at times, is very much affected with a swimming and giddiness; at times am very drouthy, and in the morning, at first rising, have a nasty taste in my mouth, with my tongue furred very much. My digestion is very weak; seldom have a stool without a force; have no cough nor sweating, unless it is a cold sweat, with fainting fits; but these fits do not come very often. But I am very weak at the hollow of my stomach and head. Have always lived a very regular life, and my age is not quite forty. This complaint has been upon me at times these ten years; but very much so within this year past. Have

tried great numbers of the faculty; but have found very little benefit lately. Have now almost taken one bottle of your Nervous Tincture. Should be exceedingly obliged to you for your advice, by return of post, how to proceed with respect to my living, and what sort of wine will be best for me to drink, and how often I may take the drops; but my wife is fearful the drops will be hurtful to me: I think, by the description of the book, they may be of service to me; but I suppose I must keep on with them some time. If God permits, I purpose coming to Reigate as soon as I can. I hope they are safe to take.

I am, S I R,

Your humble Servant.

A D V I C E.

Take one ounce of Cardiac Tincture upon a lump of sugar, or in camomile tea, fasting, at noon, and three or four hours after dinner. Take opening pills occasionally, in such number as to keep the body loose. Or, in the morning fasting, instead of the Tincture, take half a drachm of vitriolated tartar, and half a drachm of crystals of tartar, in camomile tea.

CASE

C A S E XXVIII.

To Mr. R Y M E R.

S I R,

HAVING read your Treatise on the Hypochondriac Disease (which I suppose my disorder to be), I am induced to trouble you with my case. I have almost a constant pain in my head ; it sometimes seeming like a pressure, sometimes like a cutaneous pricking ; flying pains in my back, sometimes in the vertebræ, and sometimes seeming to be in the muscles ; occasionally a tremulous motion and irritation in various parts. When in bed, slight spasms ; when dosing, confused slumber ; sometimes great restlessness, occasionally unpleasant dreams, pressure on my breast ; when I awake, a numbness and heat in my hands and arms ; a singing, and sometimes a seeming pulsation in my head ; sometimes a flatulency, and sometimes an exceeding lowness in my stomach and bowels, a dejection of spirits, an habitual costiveness, and frequently in the night (what I apprehend to be) a nervous fever, and my tongue very foul in the morning ; a general relaxation, and

a particular weakness just above my knees, and pains in my thighs. Upon taking emetics, I bring off a great quantity of bile and phlegm. My appetite, in general, is very good.

If you have met with a case similar to mine, in which your Tincture has been efficacious, I should be glad you would inform me, and I hope you will not be displeased at my requesting to be referred to the person on whom it has proved successful, as I have taken a great variety of medicines, without receiving any benefit.

If you should approve of this, and there is a probability of your Tincture being serviceable, I will wait on you.

I am, S I R,

Your humble Servant,

A D V I C E.

Take one ounce of Cardiac Tincture, in a cup of camomile tea, two hours before dinner; as many nervous opening pills at bed-time as will keep the body lax. In the morning, fasting, half a drachm of vitriolated tartar, and half a drachm of crystals of tartar, dissolved in six ounces of strong camomile tea. When there is particular dejection of spirits and lowness, at any time,

time, take one tea-spoonful of the Tincture, in a glass of water, adding one tea-spoonful of tincture of Russian castor, and forty or sixty drops of spirits of hartshorn, or spt. ammon. composit. The flesh-brush must be used every morning; and riding on horseback is recommended, or due exercise on foot. Take one febrifuge pill, and a basin of white wine whey, once in the week, at bed-time,

C A S E XXIX.

To Mr. JAMES RYMER.

S I R,

ON seeing in the paper a pamphlet published by you, a regular surgeon, &c. mentioning your residence, it led me to send for the pamphlet, and, on perusing the same, think you have nearly described the disease I am troubled with; and being a gentleman of character, it has induced me to trouble you with a history of my complaint, as nearly as I can point it out myself; and although I cannot explain myself in that scientific manner my apothecary can do, yet I hope I shall be able to do it in such manner, as to enable you to understand the nature of my complaint sufficiently to say whether you can relieve me therefrom, as I am at such a time of day, that experiments cannot be admitted, having consulted the most eminent of the faculty, and without success; yet, like drowning men, wish to catch at every twig that appears to promise success. I am in my 60th year, yet of a good constitution, which has not been abused; have taken a great deal of walking.

walking exercise in shooting, and have been very attentive and active in business, till within these last twelve months, when I was advised by my physical friends to retire from business, to relieve my mind, &c. therefore have settled in the country, to try what air and exercise would do, to make the rest of my days comfortable; but at different times of my life, have been always troubled with the heart-burn, and threw water from my stomach. In the first place, I believe that my bowels have always been the weakest part of my frame from my birth; yet never affected me to be in the least troublesome, till within these two years, at which period, and ever since, the bile has been increasing continually, notwithstanding every effort to prevent it, and now to a violent degree indeed. I am regular in my food and drink; yet, once in a month or six weeks, it collects in such quantity in the stomach, as to bring such pains and spasms on my side and breast, intercostal muscles, &c. and through to my back, between my shoulders, that brings on a retching, till the whole is brought off the stomach, which has continued, within this fortnight, for three and four days and nights, without ceasing, to the amount of a gallon and a half, and with the most excruciating pains, and,

and am not capable of taking the least sustenance of any kind, even for five or six days, and cannot lie down in my bed, or get any rest, from the continual spasms and breaking of hot wind, which cuts like a knife as it comes up, and sometimes the hiccup, &c. with four bile, &c. and at that time nothing gives me the least relief, but magnesia, with a little ginger, which changes the bile, and absorbs and puts it into a different state to pass downwards; but in this paroxysm the passage downwards is totally impeded, but has been assisted with a pill of Ruffi, &c. &c. as thought best. Yet nothing has been thought of yet to carry the bile down and prevent it from coming upwards, which breaks and tears my stomach to pieces. I believe I have some share of rheumatism with my complaint, and which I sometimes feel in my arm and shoulders.—I am now going into the country, or would wait on you personally, but have not time; therefore, if you think your Pills, which you inform the public you cannot intrust them with making them up, will be useful to me, and will carry the bile effectually off, and the Cardiac medicine with it, or any other you judge most proper, please to send them to directed for me, with your opinion and directions thereto, and I will order

order the charge you make to be paid you, and will make trial thereof.

I am, SIR,

Your most humble Servant.

P. S. I hope I shall be favoured with an immediate answer, whether you think you can carry the bile effectually off; *if you could do that*, am persuaded it would effect the cure, as I have no obstructions in the stomach, but when the bile is there; and when free from bile, always free from pain, and healthy, and get my rest pretty well.

A D V I C E.

Take at the accession of a fit of bile, with retching pains, sour belchings, hiccup, &c. an emetic of antimonial wine, or ipecacuanha wine, one ounce of the former, or one and a half or two ounces of the latter. Work it off with camomile tea. Next day, take one ounce, or two table-spoonfuls, of the Cardiac Tincture, unmixed, or in a cup of camomile tea, fasting, and at noon; and, four hours after dinner, take two table-spoonfuls of the Tincture in camomile tea, and add one, two, or three tea-spoonfuls of magnesia. If costive, take opening pills occasionally.

C A S E

C A S E XXX.

To Mr. JAMES RYMER.

S I R,

HAVING read your publication on Indigestion, with attention, I am inclined to think your Tincture will be of considerable service to me; but as you have not only permitted, but even invited, gentlemen to apply to you for advice, I shall, with less scruple, lay my case before you.

I am fifty-two years of age next October, of a sanguine complexion, and full habit. My father was many years afflicted with the gout; but by taking the Duke of Portland's Powders, died in his fifty-seventh year. By attending him in his last sickness for three months, my spirits were so affected, that I contracted a palpitation of the heart, which has occasionally afflicted me ever since, except when I have a fit of the gout, which first appeared about my thirtieth year, and which, at times, I have felt very severely in my feet, elbow, and head. I have had no fit since last year, in March 1785, which lasted about six weeks, and at the expiration of it, a collection of chalky matter

was

was opened by a surgeon of eminence, in the heel of the left foot, which did not heal for five months, and there is still a tenderness in it, which obliges me to wear a shoe much larger on that foot than the other. For these last two months I have had the palpitation in a much severer manner than I ever yet experienced. After about three hours sleep, I am awakened by a pain, seemingly at the upper part of the heart, and I find no relief, but by sitting up in my bed, and rubbing my side with my hand, which, after some time, occasions eructations of wind, and then the pain gradually diminishes; but yet it is extremely distressing during the paroxysm. My general habit of living is regular; I drink about a pint of port after dinner, and a beaker of rum or shrub and water in the evening, and am a small eater. I was remarkably active when a boy, and at the university; and, though grown bulkier and fond of my study, yet, on occasions, have an activity of temper equal to most people of my age.

You will pardon this long history of *self*; but I thought it absolutely necessary for you to form a competent idea of my ailments, that you might judge how far your medicine might tend to relieve them.

You

You will please to favour me with an answer immediately, directed to _____ as I leave town on Thursday; and if you think the pills may be of any service, you will please to send me a parcel to Mr. _____ of whom I procured a small bottle of your Tincture, as well as your Tract, and I will discharge the demand for it, as well as any gratuity you will please to mention for the trouble I now give you.

I am, S I R,
Your most obedient humble Servant.

A D V I C E.

When free from the regular gout, take one table-spoonful of Cardiac Tincture upon a lump of sugar or in camomile tea, about the middle time between breakfast and dinner. When the palpitation is apprehended, or felt, take one tea-spoonful of tincture of castor and volatile tincture of valerian, in a cup of rue tea, or in cold water. Sometimes use tincture of asafœtida for valerian. Take some of the following pills now and then, at bed-time, to keep the body open and lax—three or four.

R Castor.

R Castor. Ruff.

Camphor. ā ā 3i.

G. Afafoetid.

P. Stann.

Aloes Socotor.

Sapon. Hisp. ā ā 3ij.

Syr. q. f. ft. pil. No. 80.

Use valerian and rue, instead of green or fouchong tea. Indeed a bason of gruel, seasoned with salt, is better than any foreign tea.

C A S E XXXI.

To Mr. R Y M E R.

S I R,

HAVING seen an advertisement in the newspaper recommending a Tincture of your discovery, as very efficacious in Bath cases, I will give you, in as few words as possible, a description of mine; and if you are of opinion, after having read it, that your medicine will relieve me, I shall request you will be so good as to direct your correspondent in London to send me one bottle, or two at most, for a trial, and I will cheerfully pay every expence.

I have been for twelve years or more afflicted with the gout, having had two or three fits every year, and I am now just recovered of a fit; I have also a bilious disorder, which is very severe, affecting my stomach, and sometimes head. I never take a vomit without discharging from my stomach a quantity of pure bile. I have a great weakness in my ancles, so that I can hardly walk; they swell at night, and the swelling subsides in the morning.

Some-

Sometimes I have a violent purging, and evacuate great quantities of a substance resembling melted glue. I have drank the Bath waters for a long time without any effect, and have got relief only from Dr. James's analeptic pills; but my misfortune is, that I can apply to this remedy very seldom, being very subject to the piles, which these pills irritate. I have a great appetite, which I never indulge; for I live in a very abstemious manner, and I never drink wine or any fermented liquors, as I find they do not agree with my stomach. I sleep well, and am inclined to be costive, except when these purgings come on. I am past forty years of age, and of a strong bodily make, approaching to the robust. I am of opinion, if I could continue to take Dr. James's pills, that they would either cure me, or make life comfortable to me; but, as I mentioned before, I cannot persist in taking them on account of the piles; and if your medicine has any thing aloetic in the composition, or any other drug that may have a tendency to irritate the piles, it must consequently be unfit for me, and it will be, therefore, unnecessary to send it. I beg the favour of an answer, and am,

S I R,

Your very obedient Servant.

L

N. B. I find relief sometimes from acids, particularly from a draught composed of tincture of wormwood, lemon juice, and sal polychrest, &c.

A D V I C E.

The piles in this case being an active inflammation, similar to a fit of regular gout, should not be repelled. The aloetic medicines, and such as act more particularly upon the vessels about the anus, should be avoided. Foment the part, use the vapour bath topically, and apply a warm poultice of bread and milk, with a little oil or lard, every half hour, when the inflammation, swelling, and pain are great. The saline laxatives are best to keep the body open, as soluble tartar, sal polychrest, Glauber's salt, Epsom salt; half an ounce of either of the two latter dissolved in a pint of water, drank at periods of half an hour, will operate almost as effectually as one ounce in half the quantity of water. The saline draughts mentioned are particularly cooling and aperient. The habit of body being plethoric and phlogistic, of high tone and contractility, and subject to active inflammation, requires not the Cardiac Tincture,

ture, which is used in a very opposite state of the system. The body may be kept open also with castor oil, and the following opening draught may be taken early, occasionally :

R Pulv. Jalap.

Tart. Solub. \bar{a} . \bar{a} . 3ss.

Tinct. Sen. 3ij.

Aq. Commun. 3ij. M.

C A S E XXXII.

To Mr. JAMES RYMER.

S I R,

HAPPENING lately to purchase a Treatise of yours on Indigestion, &c. in which you recommend a Tincture of your own preparation for relieving these complaints, as you promise your best advice for using it, I have taken the liberty to subjoin a short state of my case.

For some years back I have been much troubled with indigestion and wind in my stomach; and although I have had the best advice that this country could afford, and have taken a great deal of exercise on horseback, yet I find it still continues, and has brought along with it a long train of other complaints, such as weakness at the breast, so that speaking for fifteen or twenty minutes distresses me very much; a sudden flushing of heat, and sometimes chillness, in my right leg and foot. I am sometimes troubled with cramp in the thick of that leg, and a little pain at the ball of the great toe, which is frequently discoloured.

ed. When the pain is greatest in the foot, I think my breast and stomach are a little relieved; but this relief is very short, as it seldom remains a day in one place; indeed, for a week or two, since the east wind set in, it has been mostly in my breast, pretty high up, and is attended with a grinding uneasiness, as if the joining of the bones was loosed, and sometimes a sense of weight or tightness across the breast to the paps. This my physician seems to consider as nervous and rheumatic; however, as you seem to have been much versant in such complaints, I shall be glad to have your opinion and advice. I have ordered a friend of mine to send me some bottles of your Tincture from Armitage and Roper, but shall defer using it until I hear from you. During my illness, I have seldom been troubled with costiveness, and I sleep as well as if in good health; but am generally very languid in the forenoon, until I get a horseback. I have lived temperately all my days, and take a good deal of exercise, although my profession, as a clergyman, obliges me sometimes to be a little sedentary, which I find increase all my complaints, and therefore endeavour to avoid it as much as possible. I am of a thin slender make, and about forty years of age.

From this particular account of my complaints, I hope you will be enabled to form some opinion of my case, which may be of use. As it is from your own permission that I have taken this liberty, I shall offer no apology, but should it be in my power to serve you in this corner, you may depend on my readiness; in the mean time I am,

S I R,

Your most humble Servant.

A D V I C E.

Take half or a whole table-spoonful of Cardiac Tincture, upon a lump of sugar, or in water or camomile tea, two hours or thereabouts before dinner. Three or four hours after dinner, if much troubled with wind, and uneasiness in stomach or bowels, take one table-spoonful in the above way, and you may add some magnesia. When the weakness and tightness of the breast are distressing, take (at any time) one tea-spoonful of tincture of castor, and the same quantity of volatile tincture of valerian, in a cup of water, camomile or rue tea. At bed-time take occasionally one tea-spoonful of tincture of guaiacum in a glass of wine

wine and water. When rheumatic affections prevail, use the friction of the flesh-brush, and suitable exercise, as often as may be; and, in winter, a flannel waistcoat, and, perhaps, a square of flannel in addition over the chest and stomach. If the humour which flies about, perhaps gouty, should settle in the foot or toe, and shew inflammation, nurse it as gout. See Tract and similar cases.

C A S E XXXIII.

To Mr. R Y M E R.

S I R,

I HAVE your Treatise upon Indigestion ; have taken near two bottles of your Tincture ; I wish I could say it had the desired effect. If any thing, my complaints are worse, and new ones arise. But, as I intend giving your medicine a fair trial (if you hereafter approve it) I shall state my present feelings, and those I experienced before.

Since I have taken your Tincture, I have found an unusual sensation in my stomach and bowels ; in the former, a pain for about an hour after taking it ; in the latter, small griping pains when it has entered them. As they are what I never experienced before, you may assign the cause. I have been accustomed to a feverish heat, and restless nights ; my feverish complaints are higher, and my nights much more unpleasant. If these causes can be removed, I am of opinion I shall add to your list of cures.

I have

I have been a valetudinarian since I was fourteen, arising from a severe quinsy and fever, which left me with an asthmatic, broken constitution, and, until within these twelve months, my face was very full of pimples. At twenty-one, my occasions carried me to Jamaica, where I remained for twelve years. Since my return I have been grievously afflicted with the rheumatism. Volatile tincture of guaiacum was the only recipe I found relief in; whether a too frequent use of it has injured my stomach, know not; however, my maladies have been bearable until since last May. Then, dining with a party of friends, I was induced to be very free, and drank a greater quantity of wine than I ought, or had done for a great while before, which, with going in a carriage twelve miles, and then finishing the evening with another excess of punch, from thence I date my present thousand ills. After all this, I had a very good night, got up remarkably well, continued so until about two o'clock, when I was taken with a swimming in my head, and very extraordinary feelings; it was with difficulty I could keep from falling. This continued for two hours, when I sent for a surgeon, who bled me. From your Treatise, it had been better to have vomited and purged me. These unpleasant

sant sensations continued for twelve or fifteen days, when I sent for a physician, who ordered me a calomel pill at night, physic in the morning, and an electuary to keep the body open, with a recommendation to be very circumspect in my eating and drinking. I must remark, that since I was fourteen, I have been troubled with great acidities in my stomach, with sour belchings and the heart-burn ; at the same time the stomach returning the food after I had swallowed it : these last complaints, since May, have left me. My present ones seem to arise entirely from wind pent up in my stomach, and when I cannot throw that off, I am miserable indeed. Your medicine has not yet answered the end, nor prevented its accumulation. These are my common feelings when oppressed with flatulencies :—a fulness at my stomach always after eating, confused head-achs, anxiety and oppressions at my heart, sense of weariness, faintness, and aversion to motion ; sometimes a coldness about the loins, universal debility, relaxation, loss of tone, and flabbiness of all the muscular or fleshy parts ; very peevish and touchy ; dejected, timid and distrustful ; bereft of hope as to cure and all future events ; with aversion to society. I used to have cramps in my legs, but now I have not only those, but spasms in my

my chest, shoulders, wrists, and joints of my fingers, which last seem to me like what I conjecture the gout to be. My mind has full as much apprehension; my sleep as disturbed; my dreams, tossings, and watchfulness, are full as much as they were before.

I got a box of pills from Mr. —, and used them occasionally; they agree very well. I have also taken an ounce of nitre, as directed, which I have thought was too cold for me. I have been tolerably conformable to your directions; given up beer, vegetables, fruit, almost bread, punch entirely; and I drink not more than three or four glasses of wine per diem. I take a little ardent spirit and water mixed as you desire. I cannot exercise;—how shall we supply that? And what shall I substitute for bread, and use as a supper? I have taken this journey to change the air, on your advice; thought I found benefit, but am now as before. I return to —, my place of residence, next Saturday; I could wish to hear by that day, for my government as to the quantity of Tincture, &c. I may want with me. If I could get better nights, I *would* make the days better, though I cannot exercise by walking, or amuse in reading. I shall not be a bad subject to add to your catalogue, which I have faith to believe, by your further
advice,

advice, may be brought about. I am thinking the camphire (or what I take to be so) in the Tincture, is too irritable for my nervous system, as I always think my nights worse after taking it going to bed. If it will not be too much trouble to consider this case, and you think any addition necessary, be so obliging as to inform me. I shall be very happy to make any suitable return in my power, and am,

S I R,

Your very obedient,

humble Servant.

A D V I C E.

Instead of one tea-spoonful, take one table-spoonful, in camomile tea, fasting, two hours before dinner, and three or four hours after dinner, mixing in the third dose magnesia. Take one of the febrifuge pills at bed-time, or one or two tea-spoonfuls of antimonial wine, in a glass of water or wine. Whenever the wind in the stomach is very troublesome, with confused head-ache, anxiety, faintness, &c. take the following draught :

R Tinct.

℞ Tinct. Asafoetid.

Castor.

Cardiac. Valer. Volat. ā ā ʒj.

Spirit. Ammon. Composit. gutt. 40.

Infus. chamæmel. ʒiv.

M. ft. haust.

Eat greens well boiled, with pepper, with your meat at dinner. Cellery, horse-radish, turneps, mustard, are proper. Drink a due quantity of any good wine at and after dinner, conformably to former habits. In convalescence, resume former plan of diet. Brandy or rum and water at night. Use the flesh-brush every morning. Let your clothing be such as to encourage perspiration in a comfortable way. As to the mode of exercise, you may ride in a carriage, swing, and adopt other artificial ways of muscular action. A Welch rabbit of old cheese, with plenty of mustard, upon a toast, for supper. Occasionally, instead of fever powder, at bed-time, take some opening pills. Keep the body very regular in stools.—N. B. The use of nitre, in this case, was improper.

C A S E XXXIV.

To Mr. R Y M E R.

S I R,

I THINK your Cardiac Tincture may be of service to me, but you will best judge, after stating to you my case.

I am 64 years of age, and have had the gout for more than thirty. The fits of the first ten years were very severe, during which I was advised to take so much and such rough physic, that it weakened the tone of my bowels, by carrying away the mucus. This has occasioned a chill in them, and makes me very sensible of the least cold. I wear a piece of double flannel over my belly, and go warmly clad. This primary weakness brought on a head-ache about four years ago, but that is now better, though my head is still too weak for strong application. The flesh of my thighs and legs has much wasted. And from having kept off the gout for near three years, by taking a cup of camomile tea and valerian root every night, when the fit did come, which is now four years since, it swelled my legs, without pain, and left them so weak, that

that the flesh pits from its own weight, and has quite lost its tone. Other weaknesses also come upon me; my eyes water, and a general lassitude possesses my whole frame; my flesh, in general, from being firm, is quite flabby, and I sleep in a very broken and interrupted manner. Dr. ——— ordered me to take a teaspoonful of Huxham's tincture, and elixir of vitriol, in order to brace me; I take it about two hours before dinner, and find it gives me an appetite, but does not help my infirmity. My appetite is tolerably good since I left off tea; but I think coffee in an afternoon hinders my sleeping at night, unless it is badness of digestion; for my stomach never gets rid of its load till three or four in the morning, though I never sup. The liquids also I drink, at dinner, are very slow in passing off. I ride every day, but my spirits are not so good as they used to be. My stature is not large, and my nerves very irritable. If these hints are sufficient, please to order a half guinea bottle, with your directions, to my house in ——— and, after you have considered my case, I should be glad you would write me your opinion, addressed to ——— at the aforesaid place. But what would give me more content, would be your calling at my house, the first time you come

come to town, and you will be sure to find me at home between the hours of ten and twelve in the morning, or between three and four in the afternoon.

I am, S I R,

Your humble Servant.

A D V I C E.

The rough physick not only weakened the bowels and carried away their mucus, but, by inducing debility of the whole system, banished the regular gout, and brought on the atonic. Take one table-spoonful, in camomile tea, every morning fasting, two hours before, and three or four hours after dinner. In the afternoon's dose put magnesia, or a tea-spoonful of tinct. val. volat. At bed-time, take from forty drops to one or two tea-spoonfuls of tinct. guaiac. in wine or water, mixing it first with a little honey or sugar in the cup. Drink a due quantity of wine after dinner. Here former habits must direct. Use the flesh-brush and daily exercise. Riding in a carriage being chiefly an airing, walking, or riding on horseback, which employs the muscular system, accelerates

lerates the circulation, and promotes the secretions, especially perspiration, will be more beneficial. Keep the body open with the opening pills. Use warm and comfortable clothing in the most uniform manner.

HAVING read your Treatise upon Indigestion, &c. I am inclined to think your medicines may prove of very great service to my wife, who has been in a very bad state of health for some years; but before I sent for them, I thought it best to state her case to you in the best manner I could, to have your opinion, and particular directions with them.

She is now in her twenty-fourth year, was very healthy till eighteen, when she became subject to hysterics and convulsions; but I have not from an irregularity in the regular discharge. She was taken to Bath, and got pretty well. At twenty I married her, and during her pregnancies (which have been annual) she has suffered extremely; at times an almost constant headache, scarcely ever leaving any thing upon her stomach; likewise some very severe labours, bearing very large children, the being a little woman. She has had a variety of shocking nervous symptoms, and apparently

M

CASE

C A S E XXXV.

To Mr. R. Y. M. E. R.

S I R,

HAVING read your Tract upon Indigestion, &c. I am inclined to think your medicines may prove of very great service to my wife, who has been in a very bad state of health for some years; but, before I sent for them, I thought it best to state her case to you in the best manner I could, to have your opinion, and particular directions with them.

She is now in her twenty-seventh year; was very healthy till eighteen, when she became subject to hysterics and convulsions; but I believe not from an irregularity in the proper discharges. She was taken to Bath, and got pretty well. At twenty I married her, and during her pregnancies (which have been annual since) she has suffered extremely,—1st, from an almost constant sickness, scarcely ever keeping any thing upon her stomach; likewise from very severe labours, bringing very large children, she being a little woman. She has had a variety of shocking nervous symptoms, and

apparently

apparently very bilious ever since she was first pregnant. Her last labour (the first day of the present year) was a dreadful one; the child having laid much on one side, had occasioned a great distention in the lower bowel, and great debility, so that no stool could be obtained without brisk purges, and they were so painful that she was generally thrown into violent spasms and cramps. Laudanum she took in considerable quantities, which generally removed the spasms, but left a horrid sickness, and with which indeed all these attacks ended.

I had the best physicians in this country, who were all at a loss. She had totally lost the use of her limbs to her waist; however, to the astonishment of all, she continued better and worse until the beginning of May last, when I took her to Bath, where drinking and bathing so far recovered her, in three months, that she could walk and eat pretty heartily; but her voice, which had been lost by a sudden spasm in March, recovered very little, though at times much better. I took her from Bath to London, that she might have the advice of Dr. ——. I had, by letter, consulted him before. He declared the complaint in the lower part of the side of her belly to proceed from the pressure of the child having oc-

occasioned an enlargement of one of the bowels
 in which the fæces lodged, which occasioned
 the swelling at times, attended with pains. To
 remove this, he ordered her to take, once or
 twice a week, ten grains of calomel and twenty
 grains of jalap. This very strong dose she has
 taken ever since, and finds it of great benefit to
 her side, sometimes working fifteen and sixteen
 times, at others three or four. In the interme-
 diate days she is obliged to take opening pills,
 or would be entirely costive. These constant
 purgings have pulled her down much; she has
 no appetite, and very frequent sicknesses;
 cramps in her stomach; pains in her head and
 face; spasms in her chest, and which move in
 an instant from her stomach to her feet or hands,
 which are instantly contracted; at these times
 hot negus, or brandy and water, strong, or, if
 those will not do, the laudanum, are the only
 means of removing it; and it goes off with vo-
 miting often a matter like brownish batter or
 thin paste. She has tried the warm bath in
 the country, but it made her subject to take
 cold, and, with the severe purging, weakened
 her so as to bring on a fluor albus. Her stools
 are often black and watery; at these times she
 finds (as Dr. ——— assured her it would be)
 brisk purges are absolutely necessary. Her phy-
 sicians

ficians were in doubt, at times, whether there was not something gouty in her habit, from the great coldness of her stomach, and parts where affected with the cramp.—[Note, Her *father* was severely afflicted with *it*.]

Notwithstanding her great and long sufferings, it is amazing how well a few days of tolerable ease make her look, and render her spirits pretty good, when she can walk pretty well, go out in the coach, and sometimes in very fine weather on horseback. I am anxious to know whether your medicines may be taken without leaving off Dr. —'s, which seem to be absolutely necessary. Therefore hope it will be convenient for you to answer this immediately. I wish you may be able to comprehend the whole of my very *unscientific* description. Dr. — advised a return to Bath, if she did not recover so fast as we could wish; but I could by no means prevail upon her to leave her children this autumn; but if she does not receive benefit from your advice, shall certainly return there early in spring.

I have inclosed a small fee, which hope you will receive safe, and beg you will, if you approve the trial, order your agent in town to send me down one guinea or two of the medicines, which shall be paid for as soon as possible

after receipt, if they are packed up in a small box, and directed for me at

In the mean time shall be happy to have a letter from you as soon as you conveniently can, letting me know when the medicines, which I beg may be as early as possible, are sent off.

I am, S I R,

Your obedient Servant.

A D V I C E.

Use no laudanum. Take one table-spoonful of Cardiac Tincture, in camomile tea, two hours before dinner. One ounce of castor oil, and one or two ounces of tinct. sen. mixed, and taken fasting, may procure stools. Perhaps a clyster of oil, Epsom salt, and camomile tea, may cause stools, and discharge the accumulated fæces. Saline draughts, with rhubarb, may do much good. In sickness at stomach saline draughts alone. In cramps, spasms, and headache, with loaded stomach, an emetic of antimonial or ipecacuanha wine, should be taken, but not frequently.

As the case consists of hysteria and symptoms which are consequences of child-bearing, and gouty diathesis, which the atonic state of the
body

body prevents appearing in regular inflammatory fits, the nervous medicines, as castor, volatile tincture of valerian, asafoetida, &c. must occasionally be used in the former; opening medicines in the second; and the Cardiac Tincture in the latter, to remove the atony of the system.

Two or three hours after dinner, if the stomach or bowels feel uneasy and distended, take half a spoonful of Cardiac Tincture in camomile tea, with (if there be any pain like heart-burn) one tea-spoonful or less of the tinct. valer. volat. or tinct. ammon. composit. or one or two tea-spoonfuls of magnesia. In summer use the cold sea-water bath; eat moderately, use a little more animal food at dinner, and much less of bread and vegetables, excepting greens boiled very tender. Use wine in due quantity, and exercise which is not fatiguing, daily.

C A S E XXXVI.

To Mr. R T M E R.

S I R,

I Lately read your Tract on Indigestion and Low Spirits, and observe your recommendation of your Tincture for relief. You mention your readiness to correspond with any person labouring under the disorder which is the subject of your book. I have sent for your Tincture, and wish to describe my case to you before I make use of it. You possibly may give me some hints worth my attention. My age is eight and thirty, my person small, and my constitution has always been delicate. For many years past my digestion has been bad ; but never, till the last four or five, caused much inconvenience. About the period last-mentioned, I had slow fevers two summers, which I got rid of in the winters succeeding. In the autumn of 1781, revolving in my mind what could be the cause of the slow fevers I had had the two preceding summers, I accidentally thought of indigestion. I then determined to live on meats easy of digestion, and by that kind

kind of diet kept clear of a slow fever the following summer. You must know, that for some years immediately before these attacks, I had lived a good deal on salted meat in a farmhouse. My constitution, however, was sensibly altering for the worse; I felt a loss of strength and spirits; I ailed something, but knew not what, not knowing nor apprehending a nervous affection (no one of my family or acquaintance being troubled with weak nerves). The last summer (1784) taught me to know what I had been ailing for some years, and to feel nervous disorders in their most horrid forms; I was then made to know that I had been a long while ripening the seeds of the hypochondriac disease. I was attacked with the greatest possible relaxation, with lowness of spirits, dimness of sight, an extreme weakness of the left side in the lungs, an abhorrence of solitude, restless nights, waking in frights, the most dreadful sinkings, a loss of strength in the voice, and most of the other symptoms described by writers on nervous disorders. This severe attack obliged me to apply to a surgeon, who prescribed the usual remedies to eradicate the slow fever, and recommended bathing, riding, company, &c. It is now twelve months since I received this violent shock in my constitution.

Great care during this long dreary period, has abated many of the symptoms ; but I now suffer extremely from *constant* lowness of spirits, except *intervals* of ease of an hour or two, caused by comfortable meals. A comfortable meal, and a glass of wine, give as I said ease, but not a feeling that deserves the name of spirits, such as I once knew. In about two hours after a meal, I begin to feel low. I think it better to bear the lowness a while, in order to procure an appetite at meals. I must observe, that upon the slightest attack of a cold (to which I am remarkably subject) I am miserably low indeed. The least indisposition falls principally upon my spirits. With regard to sleep, I was always, when in good health, a bad sleeper ; but now I may truly say, *C'est fait de moi*. My disorder, I am persuaded, is too deeply rooted to expect a cure, and I look only for palliatives. A line from you, directing me to the best method of taking your Tincture, if you think it will be of service to me, will much oblige

Your most obedient Servant.

P. S. My lungs were always very tender, but since the severe attack I mentioned of last summer, I have experienced greater inconvenience than ever. In cold weather and in evening

ing air, a sensation of rawness the most uncomfortable that can be conceived. This pulmonary complaint of rawness, I consider as a disease independent of my nervous complaint. I find the greatest relief for that from air moderately warm.

A D V I C E.

Take every morning, fasting, one scruple of *kali vitriolatum* and crystals of tartar, in a cup of strong valerian or camomile tea. Two hours before dinner take half a table-spoonful of Cardiac Tincture, in a cup of camomile tea. When low, take at any time one tea-spoonful of Cardiac Tincture, and one tea-spoonful of volatile tincture of valerian, or asafœtida, or Russian castor, in a glass of water. Take a febrifuge pill at bed-time, washing it down with a saline draught. Take animal food at dinner, fresh, and use greens or turneps, well boiled, with pepper. Eat moderately, rather abstemiously for a time, and drink wine temperately. Sup for form's sake; a morsel of bread and cheese, with wine and water, or a basin of gruel or caudle, will be sufficient. Eggs would afford too much nourishment. Use the flesh-brush

brush, and daily moderate exercise. The cold-bath will not suit your lungs. I suspect you take in too much nourishment.

For the pulmonic complaint, take the following draught once or twice in the day :

R Ol. Amygdal. d. ʒss.

Syr. commun. ʒij.

Aq. ——— ʒifs.

Aq. Kali gutt. xx.

M. ft. haust.

Or a saline draught, with half a drachm of spermaceti mixed in it, by means of part of the yolk of an egg. And three times in the day, drink half a pint of runnet whey, or chicken broth, or decoction of sarsaparilla, with from twenty to forty drops of the *aqua kali* mixed in it.

C A S E XXXVII.

To Mr. R Y M E R.

S I R,

ABOUT a fortnight since I saw advertised, in an old paper, your Tract upon the Hypochondriac Disease, &c. Immediately I sent to London for it, and have very attentively perused it; and, in consequence of the complaints I labour under, have taken the liberty to write you, as I think my case is partly described from page 11 to 21 of your Tract; but, as nearly as possible, I will now describe my situation to you.

Ever since I was fifteen years old I have, more or less, been troubled with nervous complaints, and have had the advice of many physicians. I am now thirty years old, a clergyman, but incapable of performing in the church, on which account I am much reduced in my circumstances, as I have not a living, and at present cannot serve a curacy; have been taken with a rising in my throat in church, and obliged to go out; when I read aloud, the wind almost chokes me. I have at present a great

uneasiness

uneasiness in my stomach ; am always rubbing my stomach, insomuch that I wear holes in my waistcoat and shirt on my right side. Wind, dreadful indeed, in my stomach ; it rises into my throat, over my breasts, and into my head and ears. Have catchings, or spasmodic contractions, in my stomach, owing, I am sure, to the stoppage of the wind ; I then turn as pale as my shirt, and am forced to apply to a dram of gin or brandy, and sometimes tinct. fuliginis, in peppermint water, for relief, which it gives me for a time, by expelling the wind. I am obliged to carry tinct. fuliginis and peppermint water, in a bottle, always in my pocket, which I often take as I am riding or walking. I never vomit or bring up any thing that I eat ; have a heating in my stomach, at times ; am bilious, in a degree, I believe. When I awake in the morning, my mouth seems quite dry, and as it were glued together ; my tongue is foul in the morning, and looks covered with a yellowish kind of stuff, which I scrape off, about half a tea-spoonful, or more perhaps ; am often thirsty in the night ; my appetite is tolerable, particularly for any thing that is savoury, and, if it was not for the wind which prevents me often from swallowing, I could eat more at a time than I do, for I am obliged

obliged to rise up from dinner many times, and think that I am choking, and fly to a dram for relief. My nights are truly troublesome; for three months past, I have not slept two hours at a time; often jump out of bed, and am every night almost obliged to take asafœtida pills, peppermint water, and sometimes a dram, all in the same night. I know I have been worse of late, owing to the long continuance of rain that there has been in this part of the world. The weather very sensibly affects me; I look upon myself quite as a weather-glass. I live remarkably regular, and attend, as much as possible, to what I eat or drink: flatulent things I always avoid. I drink a little small beer at dinner, and sometimes three or four glasses of red-port, or a tumbler of gin, brandy, or rum and water, made weak. I ride out on horseback often, but I find I have the catchings, or spasmodic contractions, more when I ride than when I walk; notwithstanding, as riding is extolled in my disorder, I use it as a medicine. I may truly say, I never had any venereal complaint in my life, or symptom of the gout. I believe the latter would cure me; but as I am very thin, and rather tall, I believe I shall never have the gout; indeed, if I could be cured of wind, I should be as well as any man in the kingdom.

I hope

I hope I have made you quite sensible of my disorder, and, if you prescribe your medicines, be so good as to tell me how long you would advise me to take them, as I must send to London for them, and I would willingly have a sufficient quantity at once. I am not liable to be very costive; when I am so, I take a little senna tea, or lenitive electuary. I use milk chocolate for breakfast. The favour of your answer will greatly oblige

Your sincerely afflicted,

and very humble Servant.

P. S. I am sure all my complaints have their origin in my stomach; and to be relieved from them would be the greatest blessing in this world to me. I fight all I can against them, but they will prevail against all my efforts.—I often have the heart-burn.

A D V I C E.

Take one table-spoonful of Cardiac Tincture, in a cup of strong camomile tea, every morning fasting, and two hours before dinner. Two, three, or four hours after dinner take two table-spoonfuls of the Tincture, with two
full

full tea-spoonfuls of magnesia, in six or eight ounces of camomile tea. A basin of plain gruel, with salt only, for breakfast. In fits of wind, till the cause be removed, take, at any time, one tea-spoonful of volatile tincture of valerian, and the same quantity of tincture of castor, asafoetida, and cardiac, in six ounces of water, or, which will be better, camomile tea. Use the opening pills to keep the body regular, Leave off drams—take no opium.

C A S E XXXVIII.

To Mr. R Y M E R.

S I R,

SINCE the receipt of your letter of the 27th November last, I have continued the use of your medicines in the manner by you directed; but cannot say, that I have experienced all the benefit I flattered myself I should; though hope, on the whole, I am better than I have been. I am not now so often obliged to vomit as heretofore; but I have been cruelly tormented with gripings in the belly and intestines, vastly oppressed with wind, fulness in the bowels, and every symptom of indigestion, as set forth by you in your Tract, page 9 and 10. I have entirely lost all appetite whatever; I loath animal food, and indeed most solids; bread particularly disagrees with me, so that I scarcely taste it, but in a little boiled milk in a morning, which is my breakfast, at nine o'clock. About one, I take a small basin of broth or sago; at four, I sit down to dinner, where I seldom can swallow two mouthfuls; drink two or three glasses of Madeira, with a thin biscuit
roasted;

toasted; at nine I go to bed, when I take a half-pint glass of acid lemon punch; I get up again at twelve, and take the opiate pills; and after all, before I return to bed, your Cardiac Tincture, three tea-spoonfuls (the same quantity having taken in the day, at three o'clock). Such is the regimen I at present pursue; but I am sorely afflicted, notwithstanding, and am reduced to a mere shadow. The scorbutic eruption on my legs is nearly removed—the humour dried up.

I purpose going to Bath as early as possible in the month of March, where I have often found great benefit; and should be glad to know whether I may continue the use of the Tincture with the waters. As I am now nearly at the end of a bottle, and I understand it cannot be purchased in London, I beg you will immediately send me two half-guinea bottles, and a box of the detergent pills, and favour me with a line by the post, directing where I may apply for them, and at the same time convey further advice to

Your most obedient
humble Servant.

P. S. I should inform you that I am of so very costive a habit, that one of your pills sel-

dom operates at all, without the aid of some other purgative.

A D V I C E.

To live entirely, for a time, on a milk and vegetable diet. Take a cup of caudle, or a glass of white wine, with a bit of toast, or light aromatic cake, when most acceptable. By no means to take opium in any form. To procure stools, take castor oil with tincture of senna, in a cup or basin of chicken or mutton broth; and throw up glysters of mutton broth, or strained thin water gruel, or camomile tea, with oil and Epsom or Glauber salts. Take no acid lemon punch. Acids will further increase your debility, destroy the functions of the stomach, and render your universal atony hopeless. Instead of the punch, take smooth caudle, made by an experienced person, with brandy instead of wine, and add ginger to it. Possibly a jelly now and then may be palatably taken. Drink runnet whey plentifully, or hartshorn whey. If flatulence and stomach complaints occur, take one table-spoonful of Cardiac Tincture, and one tea-spoonful of spt. ammon. comp. in a cup of whey or wine and water.

C A S E

C A S E XXXIX.

To Mr. R Y M E R.

S I R,

THOUGH I am an entire stranger to you, I rely on your character as a man of honour and skill in your profession ; and as such I apply to you in a nervous complaint of some standing. In May last I was taken with a very severe attack of that kind, after the fatigue of a very long journey, night and day, under great anxiety of mind ; add to which also some irregularities of living, not habitual, but occasional, and at that time unavoidable. I had a violent fever, with delirium ; and, for a considerable time afterwards, had tremors and catchings in my limbs, want of appetite, palpitation of the heart, nightly watchfulness, a parchedness in the gullet, and frequent disorder from crudities and flatulence in the stomach. I had a second attack of the same violent complaint, from which I have been gradually recovering ; but still I am far from well ; and though I have at times some little returns of appetite, and imagine myself stout for a day or two, yet the

symptoms of indigestion, dimness of sight, debility of limbs, lowness of spirits, and a sort of perplexity of mind, recur in a small degree. I have taken loads of medicine, but am now advised to desist from it, and upon the whole, think myself better since I left it off. Now and then I take a little rhubarb and magnesia, when my stomach is disordered; and the stomach seems to be the principal seat of my complaint at present. Understanding that nervous and hypochondriac cases have been particularly your study, I beg leave to ask your candid advice. I wish to be favoured with your opinion and directions for particular and general use, for which I shall be glad to make proper acknowledgments.

I am, S I R,

Your most humble Servant.

I walk or ride almost every day, for two or three miles, without sensible fatigue, and have lost little or no flesh.

A D V I C E.

Take half a drachm of kali vitriolatum, in a cup of camomile, valerian, or rue tea, adding one tea-spoonful of Cardiac Tincture, every morning

morning fasting. An hour or two before dinner take one table-spoonful of Cardiac Tincture, in a glass of water, with one tea-spoonful of ipecacuanha or antimonial wine. Use cream of tartar water, with wine, at dinner; plain water gruel for breakfast, or balm, mint, sage, valerian, or sassafras tea; use no foreign tea, unless it be very weak. When the enumerated train of nervous symptoms occurs, take of Cardiac Tincture, tincture of valerian, volat. castor. or asafoetida, a tea-spoonful of each at bed-time. If the nervous system is at any time agitated, together with feverish constriction and dryness of mouth and skin, take a febrifuge pill, at bed-time, with or without a saline draught, or a basin of white wine whey.

C A S E XL.

From the same.

To Mr. R Y M E R.

S I R,

I WAS this morning favoured with yours; and as you seem clearly to apprehend my case, I am much inclined to follow your advice, and therefore request you to send a sufficient quantity for a moderate trial of the medicine to the place you mention. In the mean time you will take into consideration the following circumstances :

I am forty-one years of age; naturally of an excellent constitution, which probably may have suffered, in some degree, from occasional free-living, but never till this last year had I any material complaint. I have lived in general pretty much as other people do, who are a good deal in company. My habitual diet and drinking are moderate; a few glasses of wine, sometimes perhaps half a dozen, I take after dinner. Malt liquor seemed to disagree with me, and I therefore drank white wine and water to my
3
victuals.

victuals. After a slight supper, I usually drink a tumbler of brandy and water, and go to bed about eleven. Red port used to be the only wine I tasted, but it now seems too harsh and astringent to the throat and stomach. I have frequently had a kind of stricture in the gula and parts adjoining, and a particular dryness of that whole region, with the collection and adhesion of a tough knotty mucus. These last symptoms have, in some degree, subsided, and the saliva begins to be secreted in the natural way. I have also experienced, at times, a sort of burning towards the tip of the tongue, but that also has a little abated. My habit of body is in general open, and I never perceived any tendency to the gout, though I have often had the rheumatism; neither has the gout been yet in our family on either side. In your letter I am not certain whether it is *rue* tea or *rice* tea, which you recommend the medicine to be taken in; please to inform me; and also to order your Tract upon Indigestion to be put up along with the medicine, and favour me with general directions for diet, &c.—All acids disagree with me. If I cannot readily procure any *rue* for tea, is there any other vehicle you would recommend? Your particular answer will oblige,

S I R,

Your most humble Servant.

A D V I C E.

The plan of life is so regular, that nothing seems necessary to be said on that head. Clear the skin of scales or scurf, and rubify it by friction with the flesh brush every morning ; by which means, and due clothing and daily exercise, a more free perspiration will be kept up, so essential to health. In the course of the digestion of the dinner meal, if distension, heart-burn, or other uneasiness occur, take half a table-spoonful (more or less) of Cardiac Tincture, and one tea-spoonful of volatile tincture of valerian, or one or two tea-spoonfuls of magnesia, in a cup of camomile tea.—If rheumatic pains are troublesome, take a febrifuge pill at bedtime, and a tea-spoonful of tincture of guaiacum, in a basin of white wine whey, to produce a breathing sweat.

C A S E

C A S E XLI.

To Mr. R Y M E R.

S I R,

OBSERVING by your Tract upon Indigestion, &c. that you express a readiness to answer the inquiries of such as suppose themselves afflicted with any of the disorders you treat of, I take the liberty of troubling you, fearing to take any medicine without first knowing that it is proper for me. I cannot describe the symptoms in a professional manner, but hope to give such an account, as will enable you to tell my disorder.

First, I have been troubled with a complaint in my stomach, which sometimes caused sickness (not retching), and at other times pains, and a sort of fulness, which I attribute to wind. This has been on me more than two years, with occasional head-aches, and other slight symptoms; but have lately been much worse. For three months past, have been troubled with violent pains in my loins, sharp twitches across my breast, and in other parts of the body; soreness and pains at the stomach, and sometimes a dryness

dryness in my throat ; frequent pains in my stomach and sides, which sometimes cause a sort of heat and itching in the flesh, flushings in the face, and head-aches, particularly at the back of the head. Added to this, I believe my nerves to be affected, as the slightest surprise or alarm will occasion a general tremor, and sometimes a cold sweat over my whole frame. Those maladies, and the constant lowness and depression of my spirits, convinces me I am within your description of a *hypochondriac*, as my mind is constantly employed in thinking of my complaints, in spite of my endeavours to the contrary, and magnifies every symptom into an alarming disorder. Have often thought myself in a decline ; but as I am not either troubled with a cough, retching, or spitting, my friends think there is not the smallest probability of that. Must add, that my eyes are often affected with a dimness ; am in general regular in my body, but have lately had frequent loosenesses. This does not prevent my eating or sleeping well, nor going out on business, in which I have much walking. Think I have been better since I left off tea, and eat tapioca for breakfast.

Hope you will pardon the length of this letter, and favour me with your answer and advice,

as

as soon as convenient, which will confer an obligation on,

S I R,
Your most obedient Servant,

A D V I C E.

Take every alternate morning, fasting, a cup of valerian tea, in which is dissolved half a drachm of kali vitriolatum. Take a bason of plain water-gruel, seasoned with salt and a morsel of butter for breakfast. Take half a table-spoonful of Cardiac Tincture, in a glass of water, an hour or two before dinner. Take a febrifuge pill at bed-time, and wash down this dose with a saline draught. Take the last in the evenings of those days in the mornings of which you do not take the valerian tea, &c. Use for drink, at dinner, what is commonly called Imperial, with a toast. Prepare it thus : Pour a quart of boiling water upon two drachms of the crystals of tartar, in powder ; when cold, pour it off for use. In any unusual flutter of the spirits, with tremor, take one tea-spoonful (of each) of Cardiac Tincture and volatile tincture of valerian, or castor.

C A S E

C A S E XLII.

To Mr. R Y M E R.

S I R,

IT was with much satisfaction I lately perused your little Tract on Indigestion. I had so long feared the inefficacy of medicine, as to despair of relief from that quarter; but the candour and good sense contained in your pamphlet, is the occasion of my troubling you with a state of my case.

I am now in my twenty-third year, and until within the last four, enjoyed a tolerable share of health; but, ever since that period, continual illness has deprived me of the power to perform the functions of life with any degree of comfort to myself or my friends. The symptoms are these: A sense of fulness after meals, attended with violent flatulency in my stomach and bowels; the whites of my eyes and skin tinged with yellow; urine of a deep colour and turbid nature, staining linen as if dipped in saffron water, and leaving a crimson film at the bottom of the vessel; on getting up out of a chair,

chair, such a swimming in the head as to be in danger of falling; my appetite of an irregular, craving nature, occasioning a weariness and sinking, till after having eat something. To add to these, a settled melancholy and depression of spirits, avoiding the company of strangers, often the most intimate friends, frequently wishing a period to my existence.

You seem so fully master of the subject you treat of, that I need not tell you, a man under these circumstances can have but little relish for the enjoyments of this world. I have tried many physicians, and more medicines; but have never found even a temporary relief. Unhappily my situation in life subjects me to much confinement; but having the good fortune to be under an indulgent master, have more opportunities of taking exercise, than generally falls to the lot of people of my profession. With regard to diet, I have always found the lightest the best. Bread, which I see you disapprove of, has been the principal article of my food. Vegetables in general tend to increase the wind in my stomach and bowels, except potatoes, which I am very fond of, and would be glad to know if they may be substituted for bread at dinner. Butter I use as little as possible of. My constant beverage has been toast and water. I always sleep
sound

found, except when I eat suppers, for which reason I abstain as much as possible from them. Indeed am generally inclined to a lethargy or inactivity through the whole day.

Will you do me the favour, Sir, to give me your sentiments? I have resolution to put in practice any regimen you may think proper to recommend, to co-operate with your medicines, and am,

S I R,

Your most obedient Servant,

I am but just returned from ———, where I staid about three weeks; but found the sea-bathing and salt-water rather aggravated my complaint, than did me any good.

A D V I C E.

Take one table-spoonful of Cardiac Tincture and one tea-spoonful of volatile tincture of valerian, in a glass of water, two hours before and three hours after dinner, daily. Keep the body loose with the opening pills, taken at bedtime. Drink wine and water at meals. Take plain gruel for breakfast; use a less quantity of bread

bread and potatoes at dinner, and more greens of a tender texture, well boiled, also turneps seasoned with pepper and salt, with very little butter. Use the flesh-brush, and daily moderate exercise on foot or horseback. A basin of plain gruel for supper, with a glass of wine or a spoonful of brandy in it.

C A S E XLIII.

To Mr. R Y M E R.

S I R,

AS you are so good as to say in your advertisement of your Cardiac Tincture, that if any person will send you their case, you will favour them with your opinion how far that medicine will be of service to them; I am now in my 26th year; of parents healthy, and not in the least subject to gout. About five years ago I indulged myself too much — — — — — but at that time did not perceive any ill effects — — — — ; but one night after a repetition, and having drank rather freely, and going instantly into the air; when I was in bed, I was suddenly awaked, as if something had burst in my head, but attended with no pain whatever. I am more convinced, in my opinion, that something had burst in my head, from a small bleeding at my nose the following morning. For three years after, I had a disagreeable sensation on the back part of my head and neck, as if there was a stoppage in the circulation, attended with a great weight; my eyes were
always

always much affected, and I had a nervous fever accompanied it. I experienced a considerable loss of flesh, and relaxation in my sinews, especially about my arms and legs. I applied to the late Dr. ———, who prescribed sea-bathing, and the bark taken morning and evening, in camomile tea. The bark did not agree with me, from bracing me too much. My stools, during this time, were always hard and in small knots, resembling sheep's dung; and every time at stool a sort of matter, apparently like slime, always was forced away. My urine was thick and cloudy. I also tried a blister on my neck, which drew a good deal of matter; but still I had always the fever upon me. Some time ago I applied to Dr. ———, from whose prescription the fever left me. You may suppose, from so long a continuance of it, I must be reduced; my face being pale and wan, and my flesh soft and flabby. Since the fever went, my stools have been easy, and my urine quite clear. I entered into the matrimonial state two years ago, and every time — — — — —
 — — — I am sensibly affected the next day with the same sort of fever, and a violent pulsation in my temples. You may suppose I am moderate now — — — — —
 — — — — —; however, it always affects

me in that manner for about a day, and then goes off. I am certain I never shall recover my strength till that can be removed, for my living is now moderate, and I never drink more than necessary.

From this imperfect description, I hope you will be able to judge how far your medicine will remove what I have laboured under for some years; and I am sensible no interested motives could induce you to recommend what you thought would not be of service. I shall be glad of your opinion upon it; and as I shall be in town in about ten days, I wish you would direct to me to be left at

I remain

Your obedient Servant.

A D V I C E.

When feverish take a febrifuge pill, and saline draught, at bed-time. Take one table-spoonful of the Cardiac Tincture, in a glass of water, two hours before dinner, daily, for a due time. Use the flesh-brush, and daily moderate exercise. Keep the body regular in stools. Let dinner be the chief meal, at which drink toast and water, or wine and water. Let the suppers

be

be trifling and very light. Every morning fasting, take one tea-spoonful of volatile tincture of valerian, one of tincture of castor, and one of Cardiac Tincture, in a glass or cup of water, which may be repeated in affections of the head and nerves occasionally. Take a basin of plain water or milk gruel, seasoned only with salt, for breakfast. Do not use foreign tea, unless it be very weak.

Temperantia moderatrix omnium commotionum animi est, à libidine avocat, inani lætitia gestire non finit : hæc pacem animis affert, in rebus expetendis aut fugiendis rationem ut sequamur, monet : in ea verecundia, modestia, omnis sedatio perturbationum animi, et rerum modus cernitur.

Nunquam obliviscendum est, quantum natura hominis pecudibus reliquisque bestiis antecedit. Illæ nihil sentiunt nisi voluptatem, ad eamque feruntur omni impetu.

CICER.

C A S E XLIV.

To Mr. R Y M E R.

S I R,

I HAVE been tormented with a bilious and nervous complaint many years, which at times is very bad indeed, particularly at present. I have taken your Cardiac Tincture and Pills, and when I took them, accompanied with country air and exercise, which I cannot now from situation enjoy, I found much relief; but the moment I left them off, I got by degrees as ill as ever. Pain in the stomach, sickness without retching, loss of appetite, or great and irregular hunger, a slow thready pulse, great dejection of spirits, cold feet or heat in the hands, sometimes a little inclined to fever, constant head-ache, loss of memory, fretfulness, &c. with a soreness on the liver, and a tenderness on the stomach, near the liver, when pressed with my fingers; tormented with wind in the stomach; bad taste in the mouth; little sleep, though heavy, and unrefreshing; if I take tea after dinner, though bohea, never close my eyes; violent pain and weakness in the small of my back;

so

so loaded with bile, as to be obliged continually to have recourse to purgatives, which, though they certainly clear it off for a moment, never fail to increase it afterwards, and weaken me much; often tormented with acid, and no good digestion at all. Though I am particularly cautious of what I eat, yet nothing seems to agree with me; all lies heavy at my stomach; I taste it over and over again, or it turns acid.

I mean again, good Sir, to try your medicines; have indeed begun with the pills, two of which I took last week; but though much bile came away, I am more weak and bilious than ever. Pray inform me, after you have studied my complaints, in what manner you think it best I should take your medicine, and what quantities, &c. &c. and you will greatly oblige

Your humble Servant.

A D V I C E.

Take less solid food, and use more thin diluting drink. Use the flesh-brush, and much more exercise. Take frequently, at bed-time, a febrifuge pill. When bile is supposed to be accumulated in unusual quantity, take one

ounce of antimonial, or one ounce and a half of ipecacuanha wine, as an emetic, and work it off with camomile tea. Take one table-spoonful of Cardiac Tincture, in a glass of water, daily, two hours before dinner. Three hours after dinner, when the stomach is oppressed, take one table-spoonful of the Cardiac Tincture, with one tea-spoonful of the volatile tincture of valerian, in four ounces of camomile tea. Take opening pills, so as to keep the body constantly loose. Drink valerian tea morning and evening.

C A S E XLV.

To Mr. R Y M E R.

S I R,

I HAVE intended several times to write to you, since you prescribed to me your Cardiac Tincture for my dyspepsy, but have been prevented. I took it for a fortnight, and though I found often great uneasiness in my stomach, from what I might have eaten, yet now, by an attention to that, and using proper exercise, I find myself in very good health, and have no doubt but I received benefit from the Tincture.

I am, S I R,

Your very humble Servant.

A D V I C E.

Take one table-spoonful of Cardiac Tincture, in a glass of water, two hours before dinner, and half a spoonful after dinner, when the stomach complaints, arising from defective digestion, occur, and if heartburn, add magnesia.

C A S E

C A S E XLVI.

To Mr. JAMES RYMER.

S I R,

I HAVE been recommended to the use of your medicine for a complaint, which seems to partake of more disorders than the gout; but was not willing to commence a course without previously informing you of the symptoms, and requesting your advice.

I am much troubled with pains in the legs, and particularly the knee, and very much swelled, though the flesh is not discoloured. On pressure with a finger upon my insteps, or on my legs, the indent remains, some time. I cannot walk without crutches, and am feeble and weak. Some short time since my appetite was quite gone, but that has become better; my spirits have rather flagged, and my rest at nights very little.

As a further assistance to the forming your judgment upon my case, it may not be improper to state, that I am in my 71st year; have been sedentary in my life for some years past, and of a costive habit; naturally inclined to be corpulent, but much reduced. My hands
have

have likewise been much afflicted with pains and swelling; and, previous to this disorder, I have been troubled with an asthmatic complaint, which is now rather abated. Your speedy reply, with every necessary information, will much oblige,

S I R,

Your most obedient Servant.

A D V I C E.

Use the flesh-brush in the morning, and exercise daily in a carriage before dinner. Take a basin of broth, with crumbs of bread, for breakfast, or plain gruel, seasoned with salt and a morsel of butter, or add a little brandy. An hour or two before dinner take one table-spoonful of Cardiac Tincture, in a cup of water or camomile tea, daily. Two, three or four hours after dinner, take one tea-spoonful of tincture of guaiacum, in a glass of wine, and the same quantity at bed-time. Keep the body open either with castor oil, opening pills, or the following clyster: Half a pint of camomile tea, or strained gruel, or broth, an ounce of purging salts, and two ounces of olive oil. For the asthmatic complaint, if at any time it is troublesome, take

take an ounce of antimonial wine, or from one to two ounces of ipecacuanha wine, as an emetic, and work it off with camomile tea. At your time of life, the system is loaded with phlegm, causing various complaints of the stomach, lungs, and head. The action of vomiting will relieve the organs whose functions are impeded by the viscid phlegm.

A D V I C E

Use the first drink in the morning, and ex-
 ercise daily in a temperate degree. Take
 a glass of broth, with crumb of bread, for
 breakfast, or plain gruel, followed with tea
 and a small quantity of wine, or a little brandy.
 An hour or two before dinner take one table-
 spoonful of Cardus Tincture, in a cup of water.
 or camomile tea, daily. Two times or four
 hours after dinner, take one or two spoonfuls of
 tincture of valerian, in a glass of wine, and the
 next quantity at bed-time. Keep the bowels
 open with castor oil, or other purgative pills, or the
 following elixir: Take a pint of camomile tea,
 or brandy gruel, or brandy, an ounce of camomile
 seeds, and two ounces of oil. Boil the seeds
 in camomile tea, or brandy, till it is reduced to
 one pint, and strain it through a cloth.

CASE

C A S E XLVII.

To Mr. R Y M E R.

S I R,

I WILL trouble you, on the receipt of this, to send me a box of your Detergent Pills, and a small bottle of your Cardiac Tincture, as also a small box of the Pills you prescribe in your Treatise. Do not know whether you may recollect my name; but called on you some months since, when I had of you the aforementioned medicines, from which I certainly experienced some relief, being, as I then informed you, greatly harassed by an unformed gout.

Yours, &c.

I occasionally took one of the detergent pills, and the others whenever costive, and the tincture as you prescribed.

A D V I C E.

Take half a table-spoonful of Cardiac Tincture, in camomile tea, in the morning fasting;

one

one table-spoonful an hour or two before dinner; and, if the stomach be much disordered, half a table-spoonful, or more, two, three, or four hours after dinner. Keep the body open with the pills. When it is judged there is any load in the stomach, or intestines, take, once in the week or so, one of the other pills.

C A S E XLVIII.

The following is a case of dyspepsy, with apoplectic and vertiginous symptoms, in a gentleman of a corpulent habit, inactive life, and full diet, aged about forty-eight.

MR. ——— presents compliments to Mr. Rymer: his powders are quite out; and as Mr. ——— is better than when he saw Mr. R. he has hopes the medicines agree with him. *Indeed he experiences no sort of operation whatever from those he has taken. Mr. R. will judge as to the efficacy. Mr. ——— flatters himself secret are more effectual than forcible and violent means. Mr. ———'s water is not so high-coloured. He experiences pain, frequently momentary, with spasms in his feet and the great toe, in the night. Two or three nights in the week, has sensations of numbness in various parts, with instantaneous shootings at the extremity of his tongue. His stomach infinitely better, and no startings worth speaking of; and comfortable sleep: the head occasionally affected; heaviness and dizziness over the forehead and eyes, but scarcely worth
3 notice.

notice. The whites of the eyes are certainly much clearer than a month since. Mr. — has enough of the Tincture for some time, which he takes two hours before dinner, and which agrees well. He is careful about suppers; but eats common things through the day, as Mr. R. ordered him not to regard strict rule in this. Shall be glad to hear from Mr. R. and will strictly conform to orders.

Mr. R. says: his powder is quite out; and as Mr. — has been told when he was with Mr. R. he has hoped the medicine agrees with

A D V I C E.

Take half a table-spoonful of Cardiac Tincture; in a glass of water, adding one tea-spoonful of volatile tincture of valerian, fasting. Take one table-spoonful of Cardiac Tincture, in camomile tea, two hours before dinner. Three hours after dinner, take half a tea-spoonful, and by degrees a whole tea-spoonful, of flour of mustard seed; the same quantity of powder of ginger, with or without from five to ten grains of camphor, dissolved by pouring a few drops of rectified spirits of wine upon it, and bruising or rubbing it in a mortar or basin, along with a lump of sugar; then add the mustard and ginger, rub all together, and, by degrees, add half a pint of wine and water,

gin

gin and water, or fine table-beer, or only water. Take at bed-time a febrifuge pill, with a saline draught, and the last thing a bason of white wine whey. Likewise take, now and then, at bed-time, one tea-spoonful of tincture of guaiacum, in a glass of wine or other drink, with a bason of whey after it, and get into a breathing sweat. Keep the body open with opening pills. At any time, when affections of the head are grievous, take one tea-spoonful of tincture of castor, volatile tincture of valerian, and Cardiac Tincture, in a glass of water. Drink valerian or rue tea for breakfast and in the evening. Use the flesh-brush and more exercise. Take less solid food and more drink; wine and water at dinner, and wine after dinner; hardly any supper.

C A S E XLIX.

To Mr. R Y M E R.

S I R,

I AM a foreigner. I was born an hypochondriac. A person, now alive, told me several times, that I was two years and a half old before I was seen to laugh heartily, which was on seeing a mantua-maker trying a gown on a woman, without the sleeves on. I am in the 58th year of my age; have worked very hard the greatest part of my life, particularly in riding; but what did me the most harm, was sitting up at nights. I am of a good size, rather stout, and have the appearance of good health. By reading your pamphlet over, you will find in the passages under-lined, the symptoms with which I am affected in general; there are many others besides, which I cannot now recollect. When the fit was bad, I could not bear the bed-clothes to touch me: shoe-buckles, garters, knee and waistbands, hat, in short, every thing that touched my skin, was a torment to me. Seldom slept above three hours after getting into bed; the remainder of the night was
spent

spent in horrid dreams, generally of falling from precipices into water, for which I had as much horror, as if I had been a downright maniac : drinking of coffee would soon have made me one in reality ; I left it off many years ago, as well as tea, which caused me such spasms in my breast and bowels, as made me very sick. At one time I was utterly incapable of any exertion, and could sit by myself for hours, with my disordered imagination feeding itself upon the most dreadful subjects that the mind can conceive. No appetite whatever ; and though fond of a glass of wine, sometimes took a dislike to it, and could not drink it : now my appetite is partly returned. I sleep very well till within an hour or two of day-light, and then generally feel a slight shivering, which is succeeded by a gentle sweat, if I lie in bed long enough for it. I drink my glass of wine at dinner and supper ; I have gone to bed *mellow* hundreds of times, but not drunk ten times in all my life ; though much in the way of drinking temptation. I am certain there is not the least taint of the virus in my constitution ; and a relish still remains. The only pain I feel now is a violent one in my feet, particularly my great toes, without any swelling

ling or inflammation, which sometimes flies to between my shoulders and my ear on the left side.

I have taken several small bottles of your Tincture ; they were bought in the Haymarket. All I can say is, that it is a pity it is so dear, or that I am not rich enough to go on. I have taken also a box of your pills. When once warm, can walk twelve or fifteen miles a day, without any other inconvenience than a little stiffness. You would make me very happy if you would be so generous as to inform me, whether there is any chance of ever getting rid of a disorder, such as I have described above. The gentlemen of the physical line I have consulted, called it a cachexy ; prescribed cardiac medicines and iron filings : the first did me but little good, the last I never took. I shall call at the George about Wednesday, for your answer ; should have gone to you at Reigate, only for the expences of the journey.

I had the jaundice about seven years ago, which originated more in vexation, than in my constitution. I have had many times slight symptoms of the paralytic kind, with numbness in the right arm and side ; but not of late.

I relish

I relish society a great deal better than I did before the taking of your Tincture.

From your humble Servant.

A D V I C E.

Use the flesh-brush every morning effectually. Take one table-spoonful of Cardiac Tincture, in a cup of camomile or valerian tea, fasting, an hour or two before, and three hours after dinner. At any time in the day, when unusually low or agitated, take one tea-spoonful of volatile tincture of valerian, one of castor, one of tincture of asafœtida, and one of Cardiac, in a glass of water. Take a febrifuge pill at bedtime, and a basin of white wine whey after it, and endeavour to get into a breathing sweat; do this especially when the nervous system is in a state of nice sensibility, and of course morbid irritability. Keep the body open with some of the following pills, which may be taken at any time:

R Aloes Socotor.

Castor. Ruff.

Camphor.

G. Asafœtid. ā ā ʒ i.

Pulv. Jalap.

Sapon. Hisp. ā ā ʒ ij.

Syr. q. s. ft. Pil. 96.

P 3

At

At the conclusion of dinner, and before your wine, take the mustard and ginger powder of Case XLVIII. with or without the camphor. Sometimes, at bed-time, take one tea-spoonful of tincture of guaiacum, in a glass of wine, and drink after it wine whey. Use animal food freely at dinner, with brassica, turneps, &c. Use mustard and pepper. Eat less of the farinacea, and abstain from malt liquor. Use daily moderate exercise. Valerian tea, or plain gruel, with a spoonful of brandy or rum, for breakfast. Welch rabbit of old cheese, with plenty of mustard, or oysters, for supper.

C A S E L.

To Mr. R Y M E R.

S I R,

HAVING frequently seen your Cardiac Tincture recommended in the public papers, and the good effects many individuals have received from it, induced me to make trial of it, and I have great reason to believe it has been beneficial to my constitution.

From the success I have experienced from the above medicine, it has encouraged me to recommend it to my friends. Likewise, I have persuaded one of my maid-servants to make essay of it. Upon her first taking of it, I flattered myself she would have received a perfect cure, as she found the Tincture dispelled the wind; at present, she thinks it has lost all its powers. Therefore I thought it most advisable to write you, to request the favour of you to acquaint me, if you think she had better take your Fever Pills, for some time, and then to persevere with the above medicine. I know not what to attribute her disorder to; she is truly uncomfortable to herself. She de-

scribes her feelings to be of an alarming nature, as she says she appears to be deprived of every comfort, and is apprehensive she shall be deprived of her senses. I attribute these sensations to a flatulency, accompanied with a slow fever, and another reason.

Now, good Sir, if you will take the trouble to give me your opinion, by the first conveyance, of my servant's complaint, and what method I must pursue for her speedy recovery, you may rely on my close attention to your prescription, and I shall be happy to be instrumental in promoting your most excellent medicines.

I remain

Your humble Servant.

A D V I C E.

Let the maid take an antimonial emetic, fasting, once in the week. One ounce of antimonial wine, in a cup of camomile tea, will be sufficient; perhaps half an ounce will do: work it off with camomile tea. Let her take one tea-spoonful of volatile tincture of valerian, castor, asafoetida, and Cardiac, in water, at any time, when low and in a flutter, or troubled with wind.

wind. Let her drink valerian or rue tea, morning and evening. To use no foreign tea. Keep the body open with some of the following pills, taken at bed-time :

R Gum. Asafœtid.

Aloes Socotor.

Sapon. Hispan. ā ā ʒij.

Ft. Pil. 60 vel 72.

When feverish, let her take a febrifuge pill, at bed-time, and whey after it.

C A S E L I.

To Mr. JAMES RYMER.

S I R,

IN answer to yours of the 7th instant, have here sent you a detail of my complaints as near as I can describe them.

I am troubled with belching, sometimes bitter, sometimes sour; sickness, loss of appetite, a general weight and oppression at the stomach, with frequent heart-burning, attended with confused head-aches and noise in the head; sense of weariness, faintness, and sometimes trembling. I have frequently a pain in my loins, generally costive, and sense of heat of the whole body; inflammation of the eyes, turning them yellow, as well as my face; restless nights and unpleasant dreams.

The above complaints render my spirits so very low, that I lose all relish for society, and every other pleasure. When I am relieved by an emetic, my spirits exceed those of most other people; and I am uncommonly active and strong. My age is thirty-one. I was, about nine years ago, in the West-Indies near ten months.

months. I was attacked there with a bilious fever, which I never recovered until my return to England, when I soon got better; but if I do not take an emetic frequently, the above complaints bring on the same kind of fever. I lived freely in Jamaica, but not to excess. I was married some years, and have been a widow about two years; since that time my complaints have increased. I have been used to live well; but have very seldom committed any excess. Within this last year I have lived lower, and have abstained from malt liquor.

In respect to exercise, my business is a confinement, therefore cannot take much exercise; but I most days walk a mile or two, and ride three or four hours in the week. Except at this time of the year, for two months, I ride three or four days in the week, sometimes thirty or forty miles a day, which generally is of service to me. I drink tea or cocoa for my breakfast; at dinner I eat of any thing, except it be very salt; and at supper, the same. In common, I go to bed about eleven, and rise at eight or nine. I very seldom get up early.

The piles, I mention, always swell outwardly, and, when I am very costive, bleed.

I am, S I R,

Your humble Servant.

A D V I C E.

Take one table-spoonful of Cardiac Tincture, in a cup of camomile tea, fasting, and two hours before dinner, daily, for a due time. After dinner, when symptoms of indigestion, as wind, belching, heart-burn, &c. occur, take one table-spoonful, with one or two tea-spoonfuls of magnesia, in camomile tea or water. Take occasionally an emetic of antimonial wine or vin. ipecac. When feverish, or upon an attack of the piles, abstain from the tincture, and take a febrifuge pill and a saline draught, at bed-time, drinking afterwards some wine whey. Use no repellants to the inflamed part. Apply a warm poultice of bread and milk every hour or oftener, if the pain be great. At such times keep the body open with soluble tartar and manna, or Epsom or Glauber's salt, or elect. lenitiv. Eat no meat suppers, nor eggs, nor other nourishing food. Abstain from foreign tea, and instead of it, use saffrafras, rosemary, balm, or mint; or breakfast upon gruel. Use the flesh-brush and daily exercise, especially in the morning. Eat no pastry, nor much bread. Take fresh animal

mal food at dinner, agreeably to appetite ; and use greens, turneps, and such like, well boiled, with pepper and salt. Use mustard and horseradish.

C A S E LII.

To Mr. R Y M E R.

S I R,

I SHALL esteem myself very greatly obliged to you, if you will inform me, whether your Cardiac Tincture is a medicine that can be safely taken by a young woman who is with child, and at all times subject to dreadful spasms in her stomach, but more particularly at that time. I wished her much to try your medicine; but her physician objecting, I did not dare to give it without your sanction.

I must inform you, that the person is of a very costive habit, and if it should increase that, it would be very prejudicial to her. Be so good as to favour me with an answer by return of post.

I am, S I R,
Your obedient humble Servant.

A D V I C E.

At any time when troubled with the spasms in the stomach, take one tea-spoonful of tinct.

castor, one of tinct. valer. volat. and one or two of Cardiac Tincture, in a cup of water or camomile tea. Leave off foreign tea. Keep the body regular with the following pills:

R Gum. Asafoetid.

Aloes Socotor.

Castor. Ruff.

Camphor. ā ā 3i.

Sapon. Amygdal.

Pulv. Jalap. ā ā 3ij.

Tinct. Aloes compos. q. f.

Ft. Pil. No. 96.

CASE

C A S E L I N.

To Mr. R Y M E R.

S I R,

A GENTLEMAN, now aged 44, was some years ago afflicted with a violent eruption in his face, for which he took mercurial medicines, both internally and externally; and in 1784 tried the Cheltenham waters. The complaint has, in a good measure, subsided; but from that period he has almost constantly had a giddiness in his head (which he attributes to the powers of his stomach being greatly impaired and injured by the use of those waters), attended with an almost total indigestion, and tremblings, weariness, bad spirits, and all the train of nervous complaints. He conceives the cause of this giddiness to be wind in the stomach, for after he has dined and drank his usual quantity of wine (about a pint), he generally finds himself a different man; his spirits grow better, and the dizziness less sensibly felt; but it returns in the evening, and sometimes to an alarming degree, being frequently apprehensive

apprehensive of falling as he walks in the street, and any crowd or bustle increases it.

His mode of life has been temperate for years, nor was he ever a free liver, except, perhaps, being too fond of the fair-sex.

His appetite is good, and he sleeps tolerably, but sometimes disturbed with unpleasant dreams. Is extremely costive.

Yours, &c.

A D V I C E.

In eruptions, especially upon the face, excepting itch, which seldom appears there, it is always dangerous to use repellent applications; but the internal use of the mercury might not have been injudicious. However, a train of complaints of a different nature demands our present attention. Take one table-spoonful of Cardiac Tincture, in a cup of camomile or valerian tea, fasting, and two hours before dinner, daily. Take the same quantity, with magnesia, in camomile tea, three or four hours after dinner. When the dizziness comes on, take at any time one tea-spoonful of tinct. valer. volat. tinct. castor. asafœtid. and cardiac, in fix

Q

ounces

ounces of camomile tea or water. Keep the body open by some of the pills herein recommended in similar cases. Use the flesh-brush, and daily moderate exercise. For diet, see similar cases.

CASE

C A S E LIV.

To Mr. JAMES RYMER.

S I R,

IN consequence of the invitation you hold out to invalids, who cannot find a prescription in your little tract, exactly suited to their case, I give you this trouble, and request your directions. I am now in my 54th year, have a good appetite, sleep well, and in good spirits, and, in short, have all the appearance of perfect health; but I am subject to a very alarming disease. If I lie upon my left side, or incline my head that way, without turning my body, I am instantly seized with a delirium, and become insensible for a moment. When I perceive it coming on (for it awakens me), or as soon as I recover a little recollection, I struggle to turn my head to the right, when the fit goes off; and, except the discharge of some wind from my stomach, I perceive no effects of the attack. It has happened to me twice when I have been upon my legs, upon my turning suddenly round to the left; once when I was dancing. I instantly fell upon the floor.

Q 2

And

And another time, upon mistaking the door, and being called to, I turned suddenly round, and fell down flat. I find also, if I look to the left as I walk, something of a confusion comes on; but I immediately check it by turning my head straight.

Having told you my complaint, I will now give you some account of my past life, to enable you to judge whence it may have arisen. About the age of twenty, I remember to have fainted in the same manner, if I was awoke suddenly, and attempted to rise immediately; and once fell upon the floor after I got out of bed. I always avoided getting up with my head downwards, finding it occasioned a confusion in my head: but I do not recollect that I found any difference in my lying upon either side, or that I ever fainted but that once. In the year 1760 I was struck in the head by lightning, and rendered totally insensible for some minutes. The shock was so great, that I could not walk across my chamber for six weeks without a hold, and if I put my foot down with force, I felt my brain strike against the fore part of my skull, and I was in danger of falling forward, if not supported. I found it necessary, for a year or two after, to keep my blood thin by the use of saline draughts, and to live in a keen air, and
ride

ride daily, until I lost all remembrance of the disorder, which happened in 1763. I continued very well till 1770, when I was attacked by a severe putrid fever, which being injudiciously treated, I did not recover from the effects of it for several years. The quantity of medicine I took affected my nerves, and my employment requiring constant and great attention, prevented them from recovering their tone, although I drank Islington, Tunbridge, and the German Spa waters, in succession; and, at last, applied to the Bath, in the year 1776, which restored my flesh and looks, and I continued in a general good state of health, subject only to flying pains in my joints, and stiffness in my muscles, until two years ago (only taking opening pills, to correct my natural costiveness, and drinking valerian tea with castor), when I found my eyes very weak, and I was unable to read by candle-light; and, in coming up from Bath, in the time of snow, my eyes lost their common focus, and I saw objects double. I took hemlock pills and strong nervous draughts to restore them; but the hemlock pills gave me a giddiness in my head, and I then first perceived the effect, which still continues, of lying upon my left side. I left off that course without reaping any benefit from it, and had issues cut

above my knees, and took guaiacum draughts, with bark and castor, and pills of the same materials, which I continue to use, and have found my eye-sight restored, the stiffness of the muscles of my thighs gone off, and flying-pains and cramps, which I had been long subject to, very much lessened; but the delirium in my head always returns when I lie on my left side, or turn my head to the left; and I have frequent catchings, or spasmodic startings, in my limbs. I make water frequently, especially at night, but never in a full stream. The pills and draughts I take, generally produce a stool in the day; but if not, I add a couple of James's pills the next night, which does the business. None of the physical people I have applied to can give me any satisfactory account for this partial megrim; but they impute it to thickness of blood and weakness of the nerves. I have been cupped twice in the last three months, but the complaint is not removed. I have no head-ache at any time, nor any acute pain at the time of the megrim, or after it. I was sent to Bath in 1776, in order to get a fit of the gout; but the use of the tepid bath, and drinking the waters in a small quantity, banished, for the time, all the flying pains which were taken for symptoms of that disorder.

I have

I have thus, Sir, given you a very full account of my case, to enable you to judge in what way your medicine may be of use to me. The two objects I wish you to attend to are the megrim and costiveness; and if you can relieve me there, especially in the former, *tu mihi eris magnus Apollo.*

I am, S I R,

Your very humble Servant.

A D V I C E.

Every occasional cause to be avoided. When the complaint is very violent, let blood be drawn from the temples by leeches. Take of vitriolated tartar and crystals of tartar half a drachm of each, in eight ounces of strong camomile tea, every morning fasting, adding to each dose two tea-spoonfuls of Cardiac Tincture. Two hours before dinner take ten grains of ammon. præparat. in eight ounces of strong rue tea, and again three hours after dinner, daily. Every ten or fourteen days take, at bed-time, one febrifuge pill, and the following morning this draught :

Q 4

R Pulv.

℞ Pulv. Jalap.

Tart. Solub. ā ā 3fs.

Aq. Menth. Pip. simp. ʒij.

Tinct. Sen. ʒfs.

Spt. Lavend. comp. ā ā 3j.

M. ft. haust. mane sumendus.

On which days no other medicines are to be taken. Keep the body open with the nervous opening pills; take them occasionally at bedtime; use exercise daily, and the flesh-brush every morning effectually. In slighter degrees of the vertigo, take the following draught at any time:

℞ Tinct. Castor. Ruff.

—— Valer. Volat.

—— Asafoetid. ā ā 3fs.

Aq. ʒ4. M. ft. haust.

Live moderately; eating less bread; using meat once in the day, at dinner only, with greens, turneps, French beans, and succulent vegetables, and horse-radish and celery. Eat no pastry, and drink no malt liquor, excepting nice home-brewed table-beer. Water and toast, or wine and water, may suit better. If wine and cordial liquors heat and oppress, leave them off; if they refresh and are comfortable, take them in due moderation.

C A S E LV.

To Mr. JAMES RYMER.

S I R,

I AM in my 39th year, and for the four last have been much afflicted with severe headache, depression of spirits, watchfulness, lassitude, distressing dreams, night-mare, pain in my left side, fainting fits, flying pains, like cramp, in the left side of my head, sometimes through my toes (but when there, I found myself easier, and in better spirits); extreme anxiety when in my side; and depression and languor when in my head, with cold, clammy hands and feet. My disorder has been pronounced bilious and nervous; and I have no doubt of my complaints having originated from a long series of grief, anxiety, and a retired and sedentary course of life. The distressing symptoms I first experienced from disquiet of mind, are now the consequence of disorder, as I find by the gloom and ill-nature that affect me when I have bitter risings in my throat, or rather a thin rough bitter liquid, that is brought up by mouthfuls, without any sickness

sickness or efforts to vomit. To remedy which, I have been ordered emetics and purgatives, which have, in the course of a week, relieved me; but, in the mean time, anxious almost to madness. A sense of weakness succeeds, with tremors and cold sweats, and a despair of ever being better. So that, upon the whole, I have scarce, at my best times, more than four days in the month of tolerable ease; and though so short, it is scarcely credible how different I look and feel; every thing wears a different aspect, as well as myself; I move with lightness and pleasure; indeed I seem as if both body and faculties were released from a horrid confinement: and though the last day of my tranquillity is the most perfect, perhaps the next day, the anxiety or head-ache attacks, and my illness is as rapid in its advances, as my improvement, when I begin to recover.

Now, Sir, in consequence of suffering so much, and finding so little relief from the quantity of medicines which I have taken, it may be supposed that I wish not to prolong so miserable an existence. A great part of my time, I will confess, that is the case; but in the intervals of ease my feelings are different, and I am willing to use any means within my reach to obtain relief. Upon that principle I

sent for your Tinct, which an acquaintance recommended to me; and, finding my complaints of body and mind so exactly described, I was determined to make trial of your Cardiac Tincture, and within these ten days have taken near a five shillings and six-penny bottle, I had been taking purgatives for a week before. I have slept better, though still disturbed; and two mornings I felt, what is very uncommon with me, refreshed and tolerably composed: but still some fits of ill-nature and anxiety attack me; but, on the whole, I have been better for a longer space than usual; but my eyes and skin now begin to look yellow, and I could wish, Sir, to consult you personally, if you could appoint a time that I might be certain of seeing you, as I think you would recommend your pills, but I dare not take them without your advice. I have not been able to go on two days without something opening, until I took your Tincture, which has procured me one or two motions every day. I have touched no other medicine since I took them. I am ashamed of my taking up so much of your time as the reading this will; but I wish to be particular, and want the art of being concise at the same time. A line, directed to —————, will oblige,

S I R,

Your humble Servant.

P. S. I am perfectly regular in a material point, and have been so throughout.

A D V I C E.

Take half a table-spoonful of Cardiac Tincture, in camomile tea, fasting, and two hours before dinner, daily. In the affections of the head, spirits, &c. take, at any time, one tea-spoonful of tinct. valerian. volat. castor. cardiac. in water, and sometimes asafoetida, instead of the tincture of castor. Keep the body open with the opening pills used in similar cases. Take once in the week a febrifuge pill, at bed-time, drinking after it some white wine whey. Once in ten days, or thereabouts, take from twenty drops to one tea-spoonful of tinct. guaiac. in wine or any drink, at bed-time, with a bason of white wine whey after it.

N. B. This case is hysterical, dyspeptic, and gouty.

C A S E LVI.

To Mr. R Y M E R.

S I R,

HAVING read in some of your advertisements a remedy proposed for cases something similar to what I am troubled with, I have underneath stated my case for your advice, as nearly as I can describe it.

I am of a moderate habit of body; neither spare nor corpulent; moderate in eating and drinking, but not abstemious; naturally cheerful (but now much depressed in spirits by my complaint); I, in general, walk five or six miles a day, as I live a small distance from London, where I am in business, and can ride forty miles a day without fatigue; my age about 50 years, a married man, and father of a family. I have been subject to a deafness in one ear these 25 years, from a violent cold; it now very much affects the other side, attended with a noise like the roaring of waters, and at the same time such a loud thumping, or beating, with a great weight and sense of fulness in my head, that I really sometimes

times think my head will burst; this, when at worst, is always attended with a dull headache. It at times will go off some part of the day, and return as suddenly again, without any reason that I can give for it. I am always at these times affected with stupor, and sleepiness, and rendered incapable of transacting my business, or enjoying any satisfaction or pleasure, though it never affects my appetite, but seems entirely confined to the head. I have been at times with the most eminent men for curing deafness, or disorders in the ears. They tell me my complaint is not the ears, in which they see no fault; but in the internal part of the head. I believe, Sir, I have told you now the whole of my story, and much wish your advice and assistance, if you think you can any ways relieve me; and am,

S I R,

Your humble Servant.

A D V I C E.

Keep the body open with the nervous opening pills. Take a febrifuge pill once in the week, at bed time. Every morning, fasting, take one drachm of soluble tartar, and half a drachm

drachm of vitriolated tartar, in six ounces of strong camomile tea. Whenever the noise, thumping, weight, sense of fulness in the head, with dull head-ache, stupor and sleepiness, come on, take the following draught :

℞ Tinct. Cardiac. ʒ ij.

—— Castor.

—— Valer. volat.

—— Asafœtid. ā ā ʒ ss.

Aq. commun. ʒ iv.

M. fiat haustus.

If relief is not obtained by a due trial of this method, take one ounce of antimonial wine as an emetic, or two ounces of ipecacuanha wine, some morning fasting, and work it off with camomile tea. If this too fail, after some days, and when the complaints are severe, be let blood to the quantity of ten or twelve ounces. If no benefit is received from this, take one table-spoonful of Cardiac Tincture, fasting, at noon, and three hours after dinner, daily, in water or camomile tea. Use exercise and the flesh-brush.

